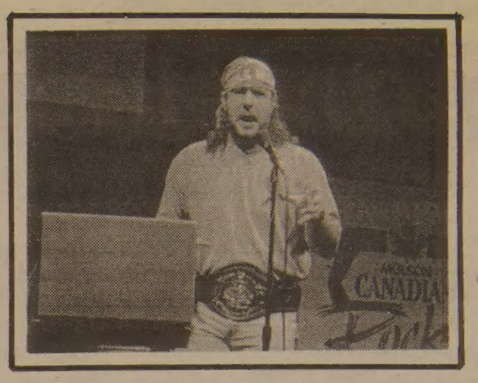
Men's basketball receives team of the week, Page 17

Impressing the crowd at After Hours, Page 14



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NIAGARA NEWS

VOLUME 27, NO. 12 —FREE— FEB. 21, 1997

Can't decide where to go? What about South Beach? See page 5.

'Reactive' protest

By BRAD MOSCATO
Staff Writer

Student leaders at Niagara College will not accept a tuition hike.

That's the word from the Student Administrative Council (SAC) office.

While students at some colleges and universities across the province occupy presidents' offices, student leaders here are taking a more "reactive" approach.

A letter addressing the recent tuition fee announcement by the Ontario government was sent to Niagara College President Dan Patterson from the college's student council.

"We want to open up the lines of communication with college administration," said Woodruff.

Woodruff said the Conservative government's announcement was "very gutless."

Last week Education Minister John Snobelen announced universities and colleges would be allowed to increase tuition fees for some courses by up to 20 per cent.

A tuition hike at Niagara seems inevitable.

It's difficult to talk of an increase in costs to students considering the economic environment, said Patterson.

"In absolute terms, however, the cost of a year at college still represents half the cost of university." Tuition fees in Ontario are the lowest in Canada.

Student leaders continue to voice their concerns over an increase in tuition without an improvement in the quality of education.

College administration will look at all programs and associated costs in determining an increase. Patterson said Niagara College's 1997-98 tuition will "take into account increased costs but still retain the quality."

Funding for jobs

By BRAD MOSCATO
Staff Writer

Summer jobs could be more plentiful for students this year.

The federal government recently announced it will fund about 80,000 temporary jobs for young Canadians.

The long-awaited youth program was rolled out by Human Resource Minister Pierre Pettigrew in an effort to combat grim job prospects for young people.

"Certainly, it's not going to be the panacea to solving some very serious structuring problems in our workforce," said Niagara College President Dan Patterson.

The program is covered by $315 million that Paul Martin, Liberal finance minister, set aside in last year's federal budget. The other $60 million provided 30,000 summer jobs in 1996.

"It's the synergies of an impending election and a recognition of the critical problems of youth unemployment," said Patterson.

As the federal government heads into an election there's no doubt this announcement fits into the Liberal's vote-getting strategy, said Mike Collins, a Niagara College teacher and member of the Liberal party.

"Certainly, it's long overdue. I know many students have had a great deal of difficulty over the last few summers trying to find a job to finance their education," he said.

According to Statistics Canada, there were about 400,000 unemployed in the 15- to 24-year-old category last month. The nation's youth unemployment rate rose to 17 per cent, almost twice the national average of 9.7 per cent.

"No effort goes into signing a cheque, but to go out and get students a job, that shows some effort," said Niagara College Student Administrative Council vice-president Don Woodruff.

(Continued on page 3)

The circle of life begins

THE YOUNG WILL PLAY — Katelyn Jean Leask, five months, is happy playing with her doll until she tries to eat it. She discovers she doesn't like the taste and decides to throw it away. To see additional photos about the circle of life turn to IN THE SPOTLIGHT on pages 10 and 11.
Photos by Jennifer Gibson

N-Compass wins the Trillium

By JHIM BURWELL
Staff Writer

N-Compass, the Niagara College newsletter, won the 1997 Trillium Award for external publications from the College Committee on Advancement.

Lyn Russo, Niagara's director of Communications and Planning, said "all my staff in communications and planning" have produced the newsletter twice a year for the last two years with a run of 50,000 copies.

Their goal is to have three editions in the next fiscal year — April 1, to March 31.

Russo is an "unsung hero" at the college, said Niagara College President Dan Patterson. "She is always behind the scenes working hard."

The staff consists of Michael Turner, the designer; three communications officers — Cathy Weir, Pat Knechtal and Jerry Salfi; Maggie Sadler, the administrative assistant — Russo herself.

"Everybody takes a role," said Russo.

N-Compass was "one of the ideas I had when I was first hired" in October 1991, said Russo, adding it took two years to get it organized.

The award-winning newsletter was initially to "keep the staff informed," but was distributed through a formal mailing list of "key community leaders," as a newspaper insertion and through an informal mail drop, said Russo.

The first edition received phone calls of praise, said Russo, adding "that is unheard of."

One general comment about the publication, Russo said she gets is "I read it from cover to cover."

"We are trying to be very careful" as to what is put in the newsletter, she said.

There is a standard section about an academic division, and features of interest to potential students, corporate donors and staff.

The newspaper format was chosen to make it look like a "news piece" and not promotional literature, said Russo. That "does the trick for what it is." It costs less than 14 cents a copy to produce.

(Continued on page 3)

INDEX

FROM THE HIP ..... Pg. 7
IN THE SPOTLIGHT ..... Pg. 10
HEALTH MATTERS ..... Pg. 15

Duffy brings 'banker influence'

This is the seventh in a series of articles featuring members of the Niagara College Board of Governors.

By HEATHER BURTON
Staff Writer

Michael Duffy, 50, of Grimsby, is a self-employed economic development practitioner who recently joined the college's board of governors.

Duffy was approached "primarily for the economic development role" in Niagara Region.

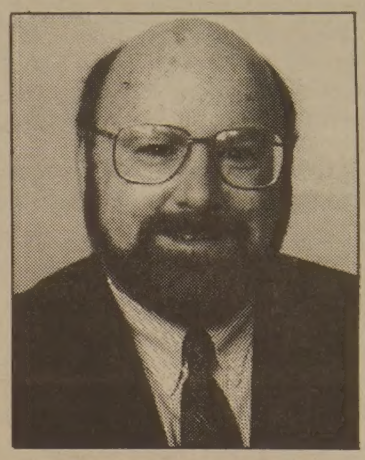
"I brought my vast knowledge of the industry sector in Niagara and the political side as well," says Duffy.

"My knowledge of the economic community has helped identify the profile of a board member, and we are then able to see the shortcomings in the board make-up."

Duffy sits on the board's audit committee. His economic background made him an obvious candidate. "If I can bring some things that I'm good at," Duffy says is all that matters.

He also sits on the nomination and new member search committee "which develops protocol to find new people to come to the board."

Duffy says the committee is "fairly active because there's a constant turnover" of members.



MICHAEL DUFFY

Photo by Communications and Planning

"We target people, take a profile and get a group of people who might be interested."

He says the board of governors is lacking a "banker influence" which is no longer prevalent on the board.

A certified economic developer, and long-standing member of the Economic Developers' Association of Canada, Duffy is able to give a demographic viewpoint on the college.

"The college is so relevant to the region. We're in a diversified region and the college has responded to the service industries in the region."

Previous to his interaction with the board of governors, Duffy was involved with grad student placements throughout the region's various workforces.

Duffy says "the horticulture industry has a very strong relationship with economic development and the college.

"Niagara college has been very active in economic development throughout the region."

Seafood extravaganza will happen April 25

A spring to remember

By GRETTA ROSSI
Staff Writer

The Niagara College Foundation promises a spring to remember.

The foundation's ninth annual Seafood and Wine Extravaganza will be held at the Victoria Park Restaurant in Niagara Falls on April 25.

The event features a menu of seafood stuffed lobster with tomato and cilantro mayonnaise, picatta of Pacific snapper with capers and lemon butter sauce and a jambalaya with chicken, clams, shrimp, smoked sausage and spicy tomato rice.

Including some of Niagara's finest wines, the event boasts a collection of desserts selected by chef professors and students from Niagara College's Maid of the Mist Centre in Niagara Falls.

Tickets for this event cost $100 with a donation tax receipt of $52.

Also included in the foundation's event list is the college's Invitational Golf Tournament to be held on June 9.

The tournament will be held at the St. Catharines Golf and Country Club.

Golfers can look forward to a golf clinic, 18 holes of golf, electric golf cart access, and a chance to win prizes.

Also included in the price is a continental breakfast, light lunch and a gourmet dinner.

Tickets for the event cost $160 a person with a donation tax receipt of $65. For those who want to skip the golf, tickets to the dinner cost $40. The dinner begins at 6:30 p.m.

For more information on the tournament or the Seafood Extravaganza, contact Martha Gleddie at (905) 988-5211.

New pilot program teaches software uses

19 students enrol in Geographic Information Systems program

By HEATHER BURTON
Staff Writer

A new program and a new residence are just the beginning for the Niagara College Board of Governors.

The Centre for Environmental Training's new pilot program in Geographic Information Systems (GIS) has an enrolment of 19 students.

GIS is a program designed to teach students how to use software to map areas. The information is put into a computer and used in various industries, including traffic flow studies and retail.

Funding from Human Resources Development Canada was used to put GIS program in motion - Niagara College President Dan Patterson

"It is treated as a post-graduate program," says Jon Ogryzlo, the college's director of Environment, Horticulture and Agribusiness division in St. Catharines.

The 42-week program started on Jan. 6 in collaboration with Brock University in St. Catharines.

GIS is a database learning program, which "has so many applications" with a strong implication that it will be an asset for various occupational areas, says Bonnie Rose, Niagara College's vice-president of academic.

"(The Centre for Environmental Training) secured $80,000 to start up the program, convincing Human Resources Development Canada that it is an expanding field that is going to be hot," said Niagara College President Dan Patterson.

Meanwhile, the College Residence Operating Committee convened its first meeting with the management group of the new college residence. The committee discussed application procedures, promotion of the residence and selection criteria for the residents.

Derek Wills, a graduate of the Business Administration-Operations Management program, has been appointed manager of the residence and will begin his duties on March 1.

The first floor of the residence is being constructed and can be seen from First Avenue.

"We got our first application on the Internet this week, paid by Visa," said Hans van der Slagt, the college's vice-president of Administrative Services.

Making wishes come true

By MELISSA LABBE
Staff Writer

Seven second-year Human Relations program students are making wishes come true.

Joyette Heron, 23, of St. Catharines, Karen Iwachow, 31, of St. Catharines, Alison Pridham, 20, of Niagara Falls, Jennifer Puddy, 20, of St. Catharines, and Krista Wilken, 20, Mike Tilden, 23, and Kraig Jacobi, 23, all of Fort Erie, hosted a bake sale at the Welland campus on Feb. 13. The money raised goes to the Niagara Child Development Centre on Highway 20 in Welland.

The centre will use the proceeds to purchase an item or items on its "wish list," which includes books, instructional videos, gym equipment, puzzles and puppets.

"There's so many things (on the list), it's hard to pick just one," said Iwachow, adding she hopes the proceeds from the sale would pay for the children to go to the Butterfly Conservatory in Niagara Falls.

Proceeds to go towards purchasing books, puzzles and puppets

"With all the problems going on today, we (the group) were interested in helping kids," said Heron. "We would like to at least make one day special for them."

The centre "has special classes" for children who have various problems to deal with, such as divorce, learning disorders and abuse.

The $156.76 raised by the sale will go to the centre. Students were reimbursed by their program for supplies bought to make the baked goods.

Cupcakes, cookies, buttertarts, brownies and Rice Krispie squares covered the table in front of the library in the Simcoe building from noon to 2:30 p.m. and from 9:30 a.m. to 12:30 p.m. in the Mackenzie building. Cinnamon hearts sat on top of the table and red and white tissue hearts lined a sign inviting students to "sweeten up" (their lives) for Valentine's Day.

The fund-raising endeavor was a project for the students' community process class.

Alison Pridham, (left) Karen Iwachow, Jennifer Puddy and Joyette Heron were ready to serve sweet treats to college students just in time for Valentine's Day.

Photo by Melissa Labbe

THE STORY CONTINUES

Error free resumes for communication age

By RICHARD MANCUSO
Staff Writer

The art of communication has always been important, but communication is now more important then ever. This is the communication age.

One area in which communication is most important is in applying for a job. A well written and well-organized resume can mean the difference between being chosen for an interview and having your resume thrown in the waste basket.

"An error-free resume is very important," says Kathy O'Brien, 25, front desk manager at the Minolta Tower in Niagara Falls, and a graduate of the Hospitality and Tourism program at the Maid of the Mist Centre of Niagara College.

"If I see a resume that is unorganized, I will simply throw it out. A poorly organized resume says that the person obviously doesn't care about getting the job if they can't take the time to write their resume correctly."

'An error-free resume is very important' - O'Brien

O'Brien says any resume with words crossed out or handwritten information in it is likely to be discarded.

"A poorly organized resume shows that the person who wrote it is poorly organized. This lack of organization won't get them a job anywhere," she says. "These are some of the ways I use to weed through resumes.

"When I look at a resume I look for a clearly set up and clearly written document. It should be easy to read and easy to follow.

"I have read resumes by people who have left out their education history, the years that they worked at a particular job, and addresses and phone numbers of past employers."

O'Brien says when she looks at a resume she doesn't look simply for correct grammar and spelling, although those are a must. She also looks for something that catches her eye. Something different.

New plan helps youth employment

By HEATHER BURTON
Staff Writer

More than 110,000 young Canadians will benefit from a new plan from the federal government.

The key elements of the government's Youth Employment Strategy were announced by Pierre S. Pettigrew, minister of Human Resources Development, on Feb. 12.

Improved access to information, services and resources for acquiring necessary workforce skills is a strategic development to be put in place, says the government press release. The creation of a web site will make the research easier, allowing young Canadians "to make their own informed choices about careers and work," said Pettigrew in the release.

The government is planning to focus on the beneficial services already available. For example, Youth Service Canada and Youth Internship Canada will focus on the labor market needs of disadvantaged youths entering the job market.

Student Summer Job Action will receive increased funding in 1997 to help more than 60,000 young people to get career-related summer jobs.

The Youth Employment Strategy will create new work-experience opportunities in areas with long-term job potential, by partnering with the private, community organizations. This strategy is estimated to create work experience opportunities for more than 110,000 people.

In addition, First Nations and Inuit internship programs will develop work experience and skills for aboriginal youth on reserves.

Pettigrew said the "national endeavor and the details released are just the beginning. Investing in young people is an investment in Canada's future."

Summer jobs found

Less experience means lost opportunities for students

(Continued from page 1)

Students are not getting the experience they need in the workforce because the opportunities do not exist, said Woodruff.

"The criteria for a job today are too high and this results in a high unemployment rate."

The government's strategy is expected to focus on internships and summer jobs. Programs in the federal public service, foreign affairs and science and technology will provide short-term positions to help students get their foot in the door.

"We should capitalize on this opportunity for the students attending Niagara College. Niagara should be very vigilant in quickly finding out where those opportunities are and providing a quality submission to the federal government in order to take advantage of the program," said Patterson.

Compass heading north

(Continued from page 1)

The copy for the first three editions was decided "on concept," meaning Russo's staff chose what was going in.

For the latest edition, a note was sent to the college's vice-presidents and program directors asking what the members of their divisions felt were important topics.

They came back with some "really good ideas," said Russo. The last edition had sections dealing with faculty that are graduates and alumni stories.

The criteria for the Trillium awards includes planning and objectives, design, writing and cost-effectiveness.

As for future plans for features, Russo said they "always want to have two pages of alumni news" and a segment spotlighting one of the divisions at the college.

Another standard feature is the guide to programs. "The average person won't look for a calendar, and I know we are attracting people," said Russo.

"I could publish 224 pages once a month if I had the time and money because so much is going on at Niagara College."

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Maid of the Mist Student Administrative Council representatives pose with Niagara College's famous knight.

Photo by Gretta Rossi

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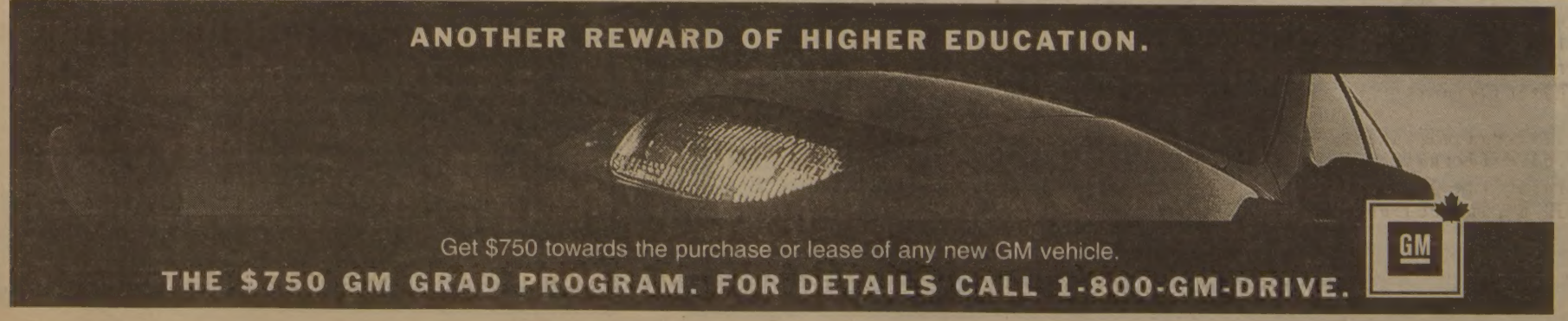

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'Excellent' job fair at Niagara Falls campus

By SHELLEY PARKES
Staff Writer

What employers want from applicants was showcased at the recent Career Fair at the Niagara Falls campus.

Twelve employers attended the 1997 Hospitality and Tourism Career Fair held on Feb. 12.

They provided information about their business and types of people they want to employ. Most accepted resumes. Some had applications available to be filled by those interested.

"This is great. It gives employers the chance to match students with jobs," said Jack Weaver, employment co-ordinator at Marineland in Niagara Falls. "It's like a prescreening. They can drop off resumes and it let's students get information on the business."

Weaver wants to hire people based on skills. "I don't want someone working in the parking lot, when they would rather be in the restaurant," he said.

Chantal Blanchette, 19, a Travel and Tourism program student, said the career fair is a good opportunity to see what the employers are offering. She wants to work as a destination representative, anywhere in the world or maybe on a cruise ship.

Stacey Evans, 19, also a Travel and Tourism student, agrees the career fair is a good idea.

"It is good advertising on their part. I wouldn't think of going out to some of these places, if they weren't here," said Evans.

Denise Sutherland, an employee from the Sheraton Fallsview Hotel and Conference Centre in Niagara Falls, was recruiting for summer employment and a part-time midnight position for night reservations and audit.

"This is excellent," said Sutherland. "We have extensive participation and interest. Niagara College is very important to our business. We hire a lot of students from Niagara and they all turn out to be excellent employees."

Stacey Evans, 19, from the Travel and Tourism program at Niagara College, stands with Jack Weaver, employment co-ordinator at Marineland.

Photo by Shelley Parkes

Premier award winners come from 4 colleges

By JENNIFER GIBSON
Staff Writer

The Premier's Awards make outstanding college graduates standout.

On Feb. 10 Ontario Premier Mike Harris presented the 1996 Premier's Awards to four remarkable college graduates.

The awards, a commemorative medal and a bursary of $5,000 for their college of choice, is presented annually for career achievement and community service by applied arts and technology graduates in the areas of applied arts, business, health sciences and technology.

"These awards recognize outstanding contributions made by college graduates through service to their communities," said Harris in a recent press release. "As premier, it is an honor to recognize these community service achievements and congratulate the 1996 recipients on behalf of all Ontarians."

The 1996 recipients are: for applied arts, Joyce E. J. Marshall, Centennial College of Scarborough; for business, Allen Ping-Lun Ho, Lambton College of Sarnia; for health science, Lori-Anne Pennells-Barre, Seneca College of North York; and for technology, Raymond Simmons, Mohawk College of Hamilton.

The awards were presented at the Toronto Marriott Eaton Centre Hotel as part of the annual meeting of the Association of Colleges of Applied Arts and Technology.

Last year the applied arts award went to a 1984 graduate of the Journalism-Print program at Niagara College, Carol Alaimo, an award-winning reporter for the St. Catharines Standard. She presented her financial award to Niagara College establishing a bursary for single parent students who meet the criteria she outlined.

Computer lab being hogged by gamers

By ADAM KIESWETTER
Staff Writer

There's a glitch! Operating since September, Niagara College's first open access computer lab may be too open.

According to the Student Technology Enhancement Committee (STEC), the Pentium computer lab in Welland campus's S109 is being abused by students hogging computers to play games.

"The current policy of the college says the computers are to be used for course related work," said Elizabeth Weldon, director of information services, at a Feb. 12 STEC meeting.

"I've had a number of students come in complaining: 'We can't get any work done, they won't get off,'" said Weldon. "It's time to do something about this. It's time to put someone in that lab to help students police STEC rules in the lab."

The committee noted Niagara isn't the only post-secondary institution to have trouble with open access labs.

Other colleges and universities have responded to the same problem by designating certain labs for recreational use, or by installing expensive software that shuts down a computer being used for games after a specified time limit.

"Some students are saying it's (games) part of the learning process," said Leo Tiberi, director of information and computer technology division. "I don't think we should restrict it outright."

STEC will be hiring a part-time student monitor to patrol the room and will also be setting up five computers specifically for recreational use in the Student Open Access Lab (SOAL).

The committee also agreed that if student council members couldn't attend a meeting, they can send a student designee in their place.

Although SAC (Student Administrative Council) was in full attendance at the meeting, "there was poor attendance on SAC's part" earlier in the year, said Don Woodruff, SAC executive vice-president, who also chaired the meeting.

He said allowing SAC members to send a designee would be the best way to ensure student representation at the meetings.

Playing sports a learning experience for college student

By RANDY SYER
Staff Writer

Being a major motion picture editor is in the future for Niagara College film student.

Jeff Taylor, 21, of Ancaster is a second year Broadcasting, Radio, Television and Film student at Niagara College.

He said he had to wait an extra year at high school before he got excepted to the college of his choice - Niagara.

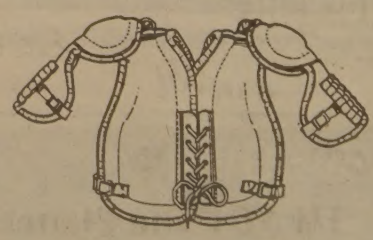
"I like college life because it makes a person more independent," said Taylor with a smirk. "Now that I'm in college I feel more independent then I ever have in my life."

Taylor is an active person and said he is always playing sports either in the winter or the summer.

"Sports can teach you so many rules for life such as how to work with other people and how to beat the odds," said Taylor. "For instance, a game like hockey is such a team sport that if you ever work with other people you will know how to react as a team player."

Taylor said that sports also taught him the rewards of hard work which he receives inside the editing room.

"Hard work is something that everybody should value in life," he said. "If you don't put 110 per cent into something than odds are you won't make it in life.



"After college is over I would like to put my energy into becoming a film editor for major motion pictures. I want my name on the big screen. That's my goal in life."

Taylor said he prefers editing to directing or producing because "you don't have to work on a schedule.

"You make the final product so if it's not a good product it's your fault."

An accountant's son, Taylor said he is most influenced by his father's hard work and dedication.

"My dad is my hero in life," said Taylor. "He has always worked hard to get everywhere he has been. I owe a lot to my dad and I hope I can make him proud."

He said his dad taught him the rewards of perseverance and dedication.

"The one aspect of my dad's life that I hope I can carry on is his longevity," he said. "He still works very hard for everything he has."

In his spare time, Taylor said he likes to travel because you're experiencing a "totally different environment."

"Travel is one of the reasons I want to join the film industry. You never work at the same place doing the same thing. It's always different everyday."

He said office jobs are "boring" and he always wants to keep his life "on the edge, so to speak."

"I never want to be stuck in a small cubical in some corner of an office," he said. "I want to experience everything I can while I'm still alive and with my chosen field I can."

"It doesn't matter how it starts or how long it takes I just want to be known as a good editor as well as a good person. If I can do that than I'm sure my life will be complete," said Taylor. "But for now I want to graduate college, get a job and most importantly start life."

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Snowmobiling enticing for all snow lovers

By HEATHER BURTON
Staff Writer

The sheer exhilaration of experiencing a snowmobiling adventure is enticing to snow lovers, young and old.

'Tis the season for snowmobiling, a $652-million industry in Ontario, according to an Ontario Federation of Snowmobiling Clubs (OFSC) fact sheet.

OFSC estimates there are 175,000 active snowmobiles in the province who travel more than 46,000 km of trails (twice the length of the provincial highway network).

The number of snowmobiles has been on the rise for the past decade because of the increasing popularity of the winter sport.

According to Harrowsmith Country Life in February 1997, 68,000 snowmobiles were sold in Canada for the 1995/96 snowmobile season. The machines ranged in price from $1,200 to $12,000.

Yet with more snowmobiles on the trails, the incidence of accidents increases as well.

Harrowsmith Country Life states 86 deaths directly attributable to snowmobiling occurred in Canada in the 1995/96 winter season.

"Every winter in Ontario an average of 40 people are killed and hundreds are injured" in snowmobile-related accidents, says Jim Booth, senior constable of the Sebringville OPP.

Booth said excessive speed is involved in more than half of the deaths.

The maximum speed for snowmobilers on the trails is 50 km-h. On roadways marked at a speed under 50 km-h, snowmobiles must travel a maximum of 20 km-h, says Sandra McComb, administrative assistant at the Sebringville OPP.

McComb mentioned several motorized snow vehicle laws regarding trespassing. In areas such as orchards, gardens and any lands under cultivation, entry is prohibited with notice. These areas will have red markings. Areas with yellow markings prohibit certain activities and it is the responsibility of the driver to inquire as to which activities are allowed.

In order to prevent trespassing and increase safety, the OFSC introduced a Trail Warden program in 1995. Wardens are volunteers who patrol the trails in their areas selling OFSC trail permits. If a snowmobiler refuses to buy a permit, the warden then issues a warning ticket. If the snowmobiler receives three warnings, a trespassing charge may be laid under the Trespass to Property Act.

Booth says snowmobiling can be a dangerous and fatal sport, but snowmobilers can take action to make the sport safer.

Snowmobilers must remember they are operating a motor vehicle, which means they must ride sober. It is always better to drive in pairs.

Booth says snowmobilers should also stay on the trails as about 85 per cent of fatalities in 1995/96 took place off of groomed trails.

Snowmobiling is exciting, but as the OFSC's motto goes "Sled Smart — Ride Safe — Ride Sober."

Dangerous snowboarding

By JASON YOUNG
Staff Writer

King of the hill, maybe. King of the ground is a better title.

Terry Cooke, 23, of Burlington, Ont., left a group of snowboarders (himself included) in awe on Feb. 2 as he performed an illegal snowboarding manoeuvre at Talisman Ski Resort in Beaver Valley, Ont.

The move is nicknamed the "rodeo flip." It mirrors the motion a rodeo rider undergoes in a backward somersault off either a horse or bull.

"I didn't mean for that to happen," said Cooke. "I'm glad the ski patrol didn't notice me and I'm also glad I didn't break anything."

The flip, along with other inverted aerials, is banned at most ski resorts because of the risk involved in an incorrect attempt.

"The only reason I had for that (move) happening was bad luck," he said. "It was my third time snowboarding and I was trying to catch my first air (jump)."

Cooke added with laughter, "The only reason I knew it was called a rodeo flip was because there were some experienced snowboarders there who had seen the move attempted before — but only by the pros (professionals).

"Honestly, I didn't have a clue what I was doing. All I did was wipe out, but I guess it looked pretty cool. Some of the kids there thought I was sponsored because of all the new equipment I had. They thought I was a pro or something."

Cooke, still laughing, said after the jump he tried to walk away casually so everyone watching wouldn't realize he was just a beginner who messed up.

"Hey, you have to look pretty rad (radical) or else you're in for the mocking of a life-time," he said.

Asked if he plans to attempt the manoeuvre again, he says he won't for a long time.

"I've got nine lives. I'm down to eight," said Cooke.

Crime Stoppers needs your help

CRIME STOPPERS OF NIAGARA

On Jan. 27, 1997, the Ministry of Natural Resources investigated a complaint regarding a dead deer found in the area of Luffman Drive in the Town of Pelham.

The investigation revealed the deer had been shot with a high-powered rifle and left to spoil. According to the investigating officer, the deer was shot sometime between Jan. 24 and Jan. 25.

White-tailed deer are a very important game species in the Niagara area. Unfortunately, each year numerous deer are killed illegally by poachers.

If you have information about this matter or any illegal hunting or fishing activity, call Crime Stoppers at 1-800-263-8477, or 1-800-222-TIPS to be eligible for a cash award up to $1,000. In all cases, you will not have to reveal your identity.

The Niagara Regional Police in co-operation with Crime Stoppers Niagara Inc. writes this column to help combat crime. A citizen board administers the local program. Reward money is raised through tax-deductible donations and cheques may be sent to Crime Stoppers of Niagara Inc., P.O. Box 1086, St. Catharines, Ont., L2R 7A3.

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EDITORIALS

NIAGARA NEWS

The Niagara News is a practical lab for the **Journalism-Print program, covering the college community and other areas of interest. Opinions expressed are not necessarily those of the management of the Niagara News or the administration of Niagara College. P.O. Box 1005, 300 Woodlawn Rd., Ontario L3B 5S2. Phone (905) 735-2211/ 688-1380/ 384-9760/ 382-2383/ FAX (905) 735-7669.**

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Memories will remain

We all remember the week before school began.

There were endless hours of packing boxes, worrying about money and being terrified of what lay ahead — our first day of college.

We all looked upon college as a way to broaden our horizons, a time to work hard at getting a diploma and a time to grow up.

Making decisions on our own and having to take care of ourselves were the first tasks at hand.

As time passed, we leaned on each other for that special comforting place, a place to release our tears and open our hearts to friends who care.

When we left home we thought all we knew and loved was left behind. Yet we've managed to form new loves and friendships where we are now.

Almost two years have passed. It seems like yesterday when we think of attempting the first day of college.

We look back and remember the doubts, fears and heartaches we endured to get where we are today.

Now we are reaching the end of our studies, together. We must, once again, face doubts, fears and heartaches about going out into the new world and leaving the familiar behind.

Realizing life goes on without those special people hurts.

It rumbles way down in your stomach and beats loudly in your heart.

Just as long as the memories and love remains, all of those special people will be with you on any journey in life you take.

Penni Toneguzzo

Simpson held accountable

They called it the trial of the century. A dream team of lawyers was assembled to defend an aging ex-football superstar on double murder charges. The evidence was revealed. The jury deliberated. A verdict was reached. Not guilty.

If O.J. Simpson was found innocent in the criminal case, how is it he could be held liable in the civil case?

Was it merely the fact the Mark Fuhrman's racial testimony was not allowed in the courtroom during the civil trial and that the pictures of Simpson's shoes were allowed? Or are we such a racist society that the reputation of the former Buffalo Bills' running back could be ruined by an all-white jury?

Unfortunately, if we had been on the jury we would have convicted him too. We can only hope it would have been based on the evidence. So many questions lay on the verdict of this trial it's highly unlikely we'll ever find the answers.

The other side of the liable verdict is the compensation awarded to the Goldman family in the civil case. A total of $21 million was given to Ronald Goldman's parents for punitive and compensatory damages. Goldman's father's statement telling Simpson he would give back the money if only Simpson would confess makes us see the pain of not having your child's murderer behind bars.

Simpson may not be in prison, but he's being held accountable for the slayings of his ex-wife and her friend.

Everyone has the right to interpret the news through their own eyes, but as we see it, they can squeeze The Juice dry.

Jennifer Gibson

Letters to the Editor

Eliminating injustice

Dear Editor:

The mandate of the Red Cross/Red Crescent Society is to eliminate causes of social injustice wherever and whenever we are called.

Our representatives go where angels fear to tread. For example, Angola, Bosnia, Chechnya, Peru, Rwanda, Somalia, Zaire. Several of our volunteers have lost their lives in this service. Our dedication to humanitarian assistance remains constant and ongoing.

There are hundreds of places where civil war and natural disasters have caused severe hardships to thousands of innocent children, especially women and old folks.

Our branch office has information on most of these, so please check to see if there is a special area of interest. All donors are given official receipts for income tax purposes. When donations are for international relief, 100 per cent goes to the cause indicated by the donor. Red Cross absorbs the administrative cost in such cases.

Where is the greatest need? Each of us must choose the amount and destination according to our abilities and perceptions. We do have to start somewhere realizing that a river of aid is made up of many small drops. No donation is too small. All donations are welcome.

May we suggest one of the following areas particularly be indicated on your cheque: Former Yugoslavia or Greak Lakes (Africa).

By designating areas in this manner on your cheques or personal donations at any Red Cross office, you make it possible for us to respond to the particular segment most in need. (Remember, do NOT send cash through the mail.)

The Canadian Red Cross Society, Welland/Pelham Branch, 593 King St., Welland, Ont. L3B 3L3; phone (905) 734-4283.

Gord Rivers
Chair
International Services Committee

Clock problem at college

Dear Editor:

I am a first-year student at Niagara College Welland campus.

As the days went by in September, I realized the college has a clock problem.

At first, I was unsure of the problem, but one day when I was in need of the time, I had to travel to three different levels in the Simcoe wing to find the time.

Yes! I know that if I wore a watch there would not be a problem, but I do not. I started on the second level, then the third, and then with total frustration, I went to the first level, and to my surprise, I discovered a time-telling machine.

The next Monday during Current Events in S105, I noticed two clocks in one room. One worked and the other was stuck on some time that was no where close to the real time.

I am not sure if this is planned by the school administration to confuse the students, or maybe to make the school look rundown.

As a tuition-paying student, maybe the school could invest in filling the empty clock spaces with working clocks if for no other reason than to make the school look better.

Jeff Schelhas
First year Print-Journalism program

Your opinions welcome

Your voice or opinion is welcome in our Letters to the Editor section. Our policy regarding letter submission is the following:

1. All letters must be received on the Friday one week prior to publication.
2. Each letter must include the student's name, college identification number and program of study.
3. All letters must be signed and include a day and evening phone number for verification use only.

All letters can be mailed or brought to the Niagara News newsroom, Rm. S212, Simcoe Building, Welland campus.

Got a story idea?
Give us a call: 735-2211 ext. 7750
or stop by the newsroom Rm. S212

FROM THE HIP

There's so much more 'I would love to learn'

By RICHARD MANCUSO
Staff Writer

What to do with the rest of my life, or at least with the next few years of my life?

I have a few months left until graduation, but I don't believe my education is anywhere near finished. Sure, my program of study has prepared me for the real world in terms of getting a job as a reporter, but there is still much to be learned through life experience and working in the field.

There is also so much more that I would love to learn, that I feel I must learn. There are so many courses of study that I want to go into, my mind spins with the thought of narrowing it down.

But here is my dilemma. I get an Ontario Student Assistance Program (OSAP) loan and I have a part-time job, but to go on with my education will cost money, money I don't have but money the government is willing to lend me.

I'm already in debt as it is. Even if I do get a job in my field of study I will be starting out behind, so to speak, with the prospect of paying back my loan hanging over my head — just like so many of you reading this right now.

So, what is a poor student who feels there is so much left to learn supposed to do? Is the student supposed to forsake the education he wants so badly, or go further into debt and achieve what he wants but forsake financial security for years after graduating?

Should the student blame himself for being too curious and having a thirst for knowledge, or should he blame, and cuss at, the government for making him pay back student loans.

Of course, the student must be willing to accept the fact his education will cost money and that he must pay back the loan, hence the name "loan," but at the same time, the student should have a right to be fearful and frustrated.

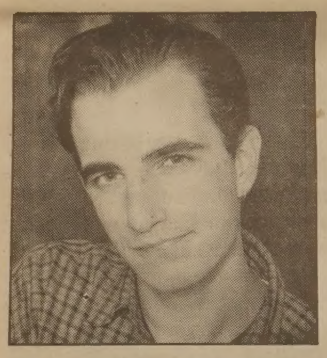
Without a diploma or degree, what kind of career can you possibly hope for? Not one very far from the world of fast food. In a country in which you must have a diploma or degree to find a career that can support an individual and a family, why must education be so expensive?

Why is the government giving colleges and universities the authority to raise tuition? This only makes student loans larger and more necessary for more and more people.

The government should freeze tuition rates or lower them. It should make education more affordable and more accessible to people and not something to be doubtful about or fearful of.

Oh, how I long for the good old days of tuition-free high school.

Maclean's offers tips for sheep



By ADAM KIESWETTER
Staff Writer

Recognizing, of course, that statistics are the scourge of the modern day, it's not hard discrediting something like the *Maclean's* magazine annual university ranking report.

The report's cut-and-dry semblance and snappy format make it appear thorough and resoundingly final.

Reading suspiciously like a *Consumer Report* article, it has attained almost biblical status for potential, job-hungry scholars in right-leaning Canada — a nation increasingly adhering to the emerging new-age faith of statistical and demographic worship.

In his 1996 book, *Zero Tolerance — Hot Button Politics in Canada's Universities*, Carleton University Professor Peter Emberley convincingly exposes and debunks the almighty *Maclean's* university ranking report.

Acting as chief gadfly, Emberley reveals, and kicks about, a whole collection of considerations which cast doubt upon the content, quality and relevance of the report. Much of what *Maclean's* bases its final ranking on, he contends, isn't always considerate of the specific limitations and goals of each university.

One of the most revealing points Emberley makes is that, in 1994, when 15 universities refused to participate, the magazine did a story to draw attention to their refusal. After this, many rejoined the next year, because, says Emberley, "they know perception counts."

Why is the *Maclean's* report so misleading?

You can't judge and grade the effectiveness of a university as you'd rate a car in *Car and Driver* magazine.

True, the university isn't an institution glowing with the blue hue of conservatism. It doesn't seem particularly efficient to those looking for abundant direct investment return. But the arcane process of learning embraced within the ivory towers is one of the most serendipitous by nature.

Attempts to dissect it, and depict it is as straightforward and linear, as if the quality of learning was dependent upon such things as the number of tenured professors, library acquisitions, or reputation, is about as effective as judging a book by its cover.

Or nailing Jell-O to the wall.

If reverent faith in statistics is the foundation of society's perception, then the fate of things like post-secondary learning is truly in the hands of sheep.

Cutbacks affect women's programs

By SAMANTHA GOLDWIN
Staff Writer

It's been 48 hours and one woman has been sent on her way from a shelter.

With provincial funding cutbacks in all programs, the Minister of Women's Issues Diane Cunningham has had MPPs put a crunch on her.

MPPs and their communities want to know if the government will cut funding to women's rape crisis centers and shelters.

While watching the Ontario Legislature on Channel 18 the week of Feb. 3, Cunningham answered the opposition members reiterating nothing but Tory party answers.

If there are cutbacks to women's programs, how do we protect those women from being abused physically and mentally?

"Some services we all have a right to," said Gillian Dooley, executive director of Women's Place in St. Catharines. "They should be paid for out of their tax services. Everyone has a basic right to live safely."

To say to a woman, I'm sorry you can only stay at our shelter for 24 or 48 hours, where else does the woman turn?

Depending on a woman's personal experience and state of mind, the length of stay for women varies.

"One of the women in my shelter said to me, 'I am a professional woman and it took me six weeks,'" said Dooley.

If there is no other place for women to seek shelter, the odds are she will turn back to where it all occurred.

"It's useless thinking that women will always be protected by their neighbors. I feel it will result in the needless death of women," said Dooley.

This treatment can result in fear and cause chaos in women's lives.

The chaos also affects children and the elderly. How can we provide proper care and treatment for our loved ones, when funds for these programs are also being cut?

How does the government make these decisions? Does someone go out to talk to the women in these situations?

Spend one day in the shoes of a woman who has been raped or abused and then maybe see the power and strength it takes for some women to survive.

Desert oasis awaits

By HEATHER BURTON
Staff Writer

Time stands still in Las Vegas.

Sheltered by the Spring Mountains, Las Vegas is a billion-dollar industry which has been in the bosom of controversy since the establishment of the first casino-hotel.

Cosmopolites are flown in by the hour, the planes floating above the metropolis in the desert. The lights of Las Vegas sparkle like jewels scattered across the sand. The illumination of the main strip overpowers suburbia lying in the wake of the tourist haven.

Neon lights decorate each building, cascading over the streets and projecting into the sky. Pastel hues dust over everything, giving a dream-like appearance to whatever the light reveals, day or night.

People roam the streets in awe of the architectural monstrosities called hotels; Caesar's Palace, the Imperial Hotel, and the Luxor, to name just a few.

Each hotel's construction is inspired by a theme; Roman rule, Chinese emperors, and Egyptian gods tell of the powerful influences prevalent in Vegas.

All of the hotels open their doors to the street inviting any passers-by to revel in the magic hidden in the core of the hotel.

The whirr of the craps table, the ringing of the slot machines and the snap of the cards on the black-jack table are the first sounds that welcome the would-be gamblers.

Sighs of defeat, and cheers of victory can be heard throughout the casinos. The thrill of risk is enticing. So enticing that gamblers rarely sway from the tables, eyeing their chips with contempt and with hope.

For some the riches come easily, for others an aura of defeat surrounds them. Whether they leave with more money than when they arrived, the visitors will at least be able to say that they lost themselves, and all track of time, in the desert oasis called Las Vegas.

ONTARIO HERITAGE

Provincial heritage on exhibit at festival

By SAMANTHA GOLDWIN
Staff Writer

The Niagara Heritage Festival '97 at the Pelham Public Library in Fonthill showcased the Niagara Region's rich and diverse history on Feb. 15.

Historical societies, museums, cultural groups and other heritage organizations and institutions of the Niagara Peninsula joined together to display how they contribute to interpreting and preserving the province's heritage.

Some of the displays from organizations included the St. Catharines Museum Centre, Welland Canal Centres, Niagara Peninsula Conservation Authority in Allanburg, Willoughby Historical Museum in Niagara Falls and the Pelham Herald.

"There were 40,000 to 60,000 Canadian men who fought on both sides of the civil war. I bet most people did not know that," said Dave Arsenault from Hamilton, a member of the 9th New York Cavalry Company A, who was in full uniform at the festival.

The Fort Erie Native Friendship Centre had a display as well as First Nation dancers from the Niagara Region, who performed tribal dances for the visitors.

"Taking part in the festival allows us to be recognized and inform people of our culture, to learn about who we are," said Dean Sayers, Ojibway Nation, Fort Erie, a counsellor at the native centre.

Later on in the day, the festival welcomed and recognized Welland MPP Peter Kormos. He walked around and talked to the displayers, and took interest in learning a little bit about each part of the Niagara Region's history.

Kormos was presented a medical wheel from Sayers on behalf of the native centre in Fort Erie, and made a small speech.

"We're here for the showings of different historical societies," said Kormos.

"It also illustrates how much a library is alive by having the funds to run these kind of festivals. Support your public libraries," he added.

"I shouldn't turn this into a political forum. Take in what's on display and enjoy yourself."

'Taking part in the festival allows us to be recognized and inform people of our culture.'
Dean Sayers

Above, Welland MPP Peter Kormos listens to the town crier, Bob Cormier, explain historical aspects for the Stamford Village of Friends at the Niagara Heritage Festival '97 in Pelham.

At left, two volunteers for the ninth New York Volunteer Cavalry, Dave Arsenault, 50, of Hamilton, and Tim Warnick, 40, of Grimsby, stand in front of their display at the Niagara Heritage Festival '97 in Pelham on Feb. 15.

At right, a male traditional dancer, James Latham from Welland, a wolf clan member prepares for the dance by wiping the spirits away with the burning of sage at the Niagara Heritage Festival '97.

Photos by Samantha Goldwin

Valentine's day truffles a sweet success

Students raise $1,100 for scholarship

By KATHERINE NADEAU
Staff Writer

The truffle crew are money makers.

Enterprising students at Niagara College's Maid of the Mist Centre sold 2,960 truffles to raise $1,100 for a scholarship fund.

"This is something that's become a tradition for the second-year students to do. Last year the class baked cookies to sell during Christmas," said Trudy Miller a second-year Culinary Skills student.

Second-year students, Miller, Donovan Cutler and Heather Nearing, made 2,960 truffles. The sweets were sold by a small 10-student crew successfully ending on Valentine's Day with a sell-out. Some first-year students helped by taking advance orders and with packaging.

'I was very impressed with the students.'
— Stan West

"We were thrilled with the outcome," said Miller. "It was a real group effort on the part of everyone. The chefs were very gracious and helpful, especially Chef (Mary) Moore and Chef (David) Gibson. They offered us their expertise and showed a great deal of patience when we needed help."

Several local businesses donated materials or offered discounts to help keep costs down, said Miller.

After paying expenses, the students raised $1,100 to contribute to the Culinary Skills Achievement Award. The scholarship was formerly funded by the Niagara Falls branch of the Canadian Federation of Chefs and Cooks and started in 1985.

"This is an award that is not based on academic achievement and the students are involved in the selection process used to determine who will receive the awards," said Stan West, coordinator of the Culinary Skills program.

Two awards of $150 are given annually to students in the Culinary Skills program. One is to a first-year student and one to a second-year student demonstrating an outstanding aptitude in food preparation, diligence and exhibiting a positive attitude.

"I was very impressed with the students. The truffles looked like they were made professionally and they tasted good as well," said West.

"Although the teachers were there to oversee the preparation, the students did all the work. They made a product that was as good as anything you could buy at a quality candy store."

The students are organizing a similar sale for Easter. A box of 10 truffles will sell for $5. Advance orders can be placed by contacting Chef Moore at Niagara College's Maid of the Mist Centre at 374-7454, Ext. 3638.

INTERNATIONAL

ESL students help teachers teach the world

Presentations show ESL students' English skills

By HYOJEONG KIM
Staff Writer

It's all give and take.

English as a Second Language (ESL) program students use presentations about their home countries to practice their English skills while their audiences learn about the world.

Two ESL students were invited again as guest speakers — Elaine Bernardino, 21, of Brazil, and Slavé Ilijeski, 20, of Macedonia — to introduce their countries on Feb. 11.

This was the third time ESL students did their presentation for post-secondary program students after Colombian student Claudia Lopez's presentation on ice wine trade between Canada and Colombia last November and Bernardino's on the concept of recycling in Sao Paulo, Brazil on Feb. 5.

"I think it's a better idea to have students from other countries talk to (my) students about their countries than I talk to them (in class)," says Ed Wilson, a Current Events teacher.

Current Events is a general elective for Journalism-Print and Broadcasting — Radio, Television and Film program students.

Wilson says last year he also tried to arrange some speakers from the ESL program, but "they (ESL students) were too shy."

When Wilson introduced Bernardino to class, he asked her, "Did you say you're nervous?"

"Yes, I'm very nervous," she replied, covering her mouth with her hands.

Then he said to his students, "I said to her that I get nervous every-

Ed Wilson (centre), a Current Events teacher, arranged two guest speakers — Elaine Bernardino, 21, of Brazil and Slavé Ilijeski, 20, of Macedonia — from the ESL program for his class.

Photo by Hyojeong Kim

time I stand in front of my students in this room." All students laughed.

Students teach and learn from each other.

Bernardino started her presentation by apologizing for her "bad English."

Then, with a loud but nervous voice, she emphasized, "We (Brazilians) speak Portuguese, not Spanish."

She says 80 per cent of the population of Brazil live in the south of the country.

Although the government moved the capital city from Sao Paulo to Brazilia in the centre of the country for security reasons, Sao Paulo is the biggest city in her country.

Brazil has "a lot of trouble with street children," especially in big cities. "We don't have birth control," says Bernardino. "People have babies and then tell them to go out and (to) ask people for money." These children "become criminals" or get involved in drugs, she added.

She says her parents' generation "destroyed forests to make money," but "my generation is worried about it" because it's necessary to keep a good environment for the future generations.

Bernardino came to Canada last December to learn English. "I don't like to go to America. It's too dangerous for me," she says, and everybody laughs. She is a university student studying law in Brazil.

She says her grandmother is Japanese. "No people around me (in Brazil) is just one race. They are all mixed." Then she writes her full name on the board: Elaine Noda Marquis Bernardino. "It's Portuguese (Bernardino), Spanish (Marquis) and Japanese (Noda)," she says, pointing to each name.

"And it (Elaine) is English," Wilson tells her, laughing.

Ilijeski's presentation wasn't as long as Bernardino's.

But, since Macedonia was part of former Yugoslavia and Wilson says, "it has been on the news" for a while, students asked many questions about its language, neighboring countries and relationship with Albania.

Ilijeski replied the languages of Macedonia and its neighboring countries are not the same, but "very similar." And there has been a conflict around the border of Macedonia and Albania because of Albanian refugees, but "now we co-operate with each other."

Ilijeski came to Canada in May 1996.

Canadians think he's Greek, he says. "Of course, I'm not upset. But I'm sick of explaining everything."

He says he wants to be a computer programmer.

After each presentation, a number of the students came to them to ask more questions. They also looked at the books, flags and newspaper articles Bernardino brought for her presentation.

"It's good," says Trevor Schorno, a January-start Journalism-Print program student. "It's nice to know people from other countries."

Robert Davidson, a Law and Security Administration program student, says it was "very impressive. Her English is very good," adding Canada is a bilingual country but "a lot of people speak only one language."

ESL Café teaches students English and Net

By HYOJEONG KIM
Staff Writer

English as a Second Language (ESL) program students visited Dave's ESL Café on the web in the computer class on Feb. 11.

Since this web site was created by Dave Sperling, an instructor of the Intensive English Language program at California State University, in December 1995, a lot of ESL and English as a Foreign Language (EFL) students from throughout the world have visited the web site and sent comment to the creator through E-mail.

"I was interested in (Dave's) ESL Café, and it was great," says Naoyuki Moridaira, 20, of Japan. "I really enjoyed it."

Sang-Hee Pai, 19, of Korea, says it is nice to see other international students' messages on the web. "I enjoyed reading them, and I put some message there (on the Graffiti Wall where students can write anything they want)."

"I like it very much because I can meet not only Niagara College students but also students from all over the world," says Ritsuko Shibagaki, 27, of Japan.

Shibagaki says this is her first time to study abroad and she's glad that she can share her experiences and ideas with other students through Dave's ESL Cafe.

The computer class became part of the ESL program last summer term. Students learn how to use Microsoft Word, Internet and E-mail.

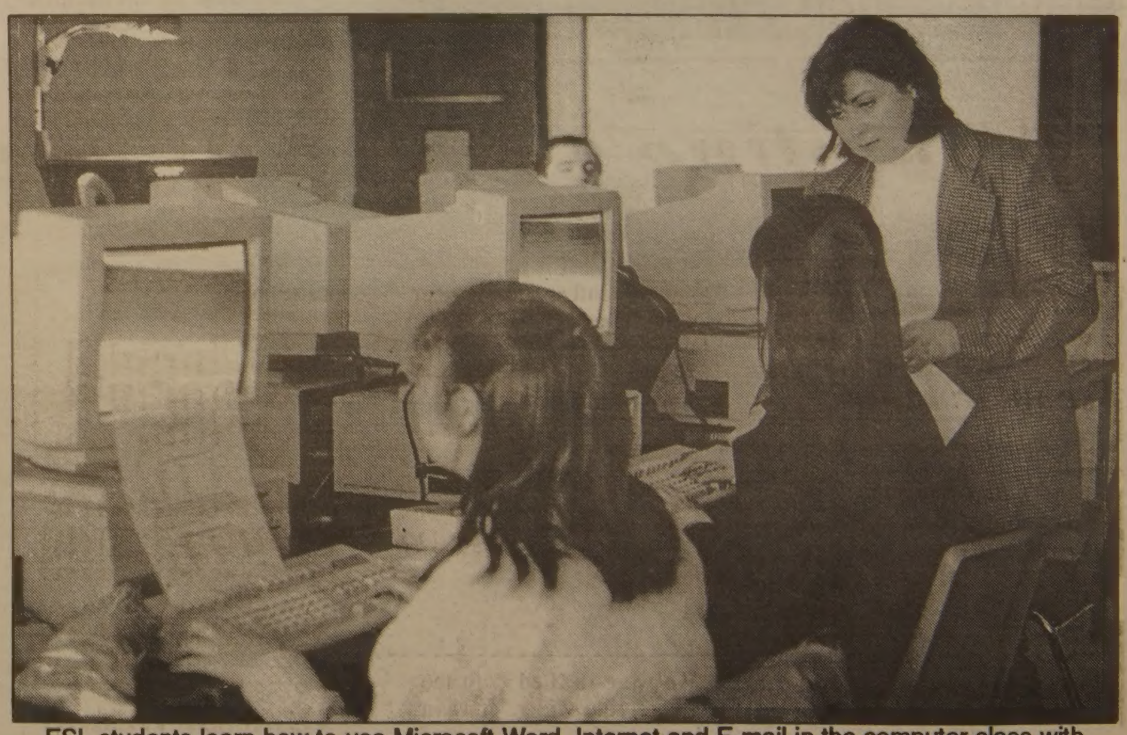
Fiona Allan, an ESL teacher, says it's only two hours a week because she doesn't want to "take students' English (class) time.

"I encourage them to go to S109 (the open access computer lab) and practice skills they learned."

Allan teaches the computer class, as well as the advanced level class.

She says she assigns her computer class students two projects each term including producing ESL newsletters.

"It (Dave's ESL Café) is good extra work for our students," says Allan.



ESL students learn how to use Microsoft Word, Internet and E-mail in the computer class with Fiona Allan, an ESL teacher.

Photo by Hyojeong Kim

IN THE SPOTLIGHT

BRAND NEW — Three months ago, without knowing anything about the world, Samantha Kelly Williams was born.
Photo by Hyojeong Kim

ALL ABOARD — Boarding a bus at Alexander Kuska KSG school, Daniel Ellis, 6, (front) and Melanie Blundell, 5, are just beginning their first independent step in life.
Photo by Melissa Labbe

Life's paths follow natural course

By MELISSA LABBE
Staff Writers

Screaming, crying and not wanting to leave the security of mother's womb, babies are born. Eyes remain closed to protect them from the overwhelming new world.

Years of discovery and exploration follow. Self-confidence abounds. Possibilities seem endless.

Knowledge comes, welcomed or not, in school — the first steps away from home. Fears are overcome by new-found friendships.

Just as adolescents reach the top of the pyramid, kings and queens of the hill, they are relegated to the bottom again. High school — the two words make 14-year-olds shiver.

Then the much-awaited moment has come: getting the driver's license, the first landmark to adulthood. All seems right with the world.

These days it seems as though the choice for young adults is not whether they want to attend college or university, but which institution of higher learning they will attend first.

Years of arduous study, learning both the philosophical and theoretical aspects behind a field and then fine-tuned, first-hand experience in the field, are now expected commodities for potential employees.

Donning a new cloak of "adulthood," students are the past and future combined. The playfulness of youth highlights a more directed sense of the path ahead.

Studies aside, parties are always easy to find, but Monday morning still comes bright and early.

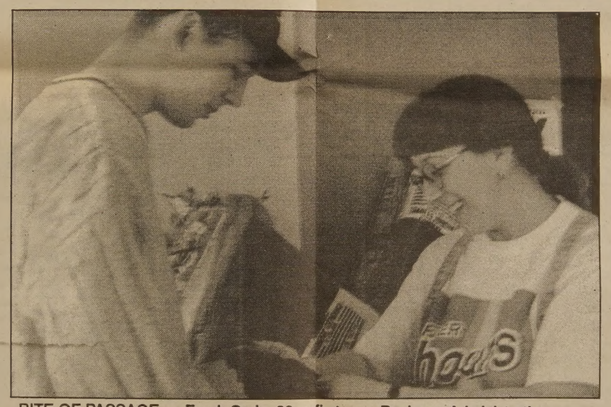
Freshly graduated adults spill into the workforce hopeful they will be quickly absorbed. The rules of the game change slightly as priorities — for survival — adjust.

Singles become couples then families. Suddenly the lingering words of parents make sense. (How can that be?)

Purposes alter, goals change to the attainable and dreams are reserved for weekends and holidays.

Amazingly, the years do pass more quickly. The thought that once scared a 20-year-old, will now either terrify or motivate.

The question arises: how does one age gracefully? The answer depends on the definition of grace.



RITE OF PASSAGE — Frank Grsic, 20, a first-year Business Administration program student, gets his identification checked by Lana Levay, 35, assistant manager and bar supervisor of After Hours.
Photo by Melissa Labbe

DANCE FEVER — The senior students of Quaker Road Elementary school dance their studies away at their Valentine's Day dance.
Photo by Jennifer Gibson

WORKING FOR A LIVING — Lynda Parikh, 50, of Welland, a cashier at the Kmart in the Seaway Mall, works to help support her family: her husband Indravdan and four children — Shawn, 22, Jeff, 24, and twins Jennifer and Christine, 26.
Photo by Hyojeong Kim

LEISURE DAYS — Violet Christenson, 75, and Charles Christenson, 75, enjoy a day of shopping on Monday, Feb. 17 at Wal-Mart in the Seaway Mall, Welland.
Photo by Jennifer Gibson

INTER • NET

Technology progresses as population regresses

By KERI-LYNN SMITH
Staff Writer

Computers are everywhere. It seems as if people are disappearing and being replaced by technology.

It can be frustrating. Transferred from telephone voice mailbox to voice mailbox, it's not uncommon to hear someone say, "I want to talk to a real person."

Sometimes the human element is left in the dust, even though people *are* involved. There are computer programmers, systems analysts, administrators, software developers and the list goes on.

Ty Smith wants to be part of that list. He's applied to Niagara College for the September Computer Programmer program at the Welland campus.

The Niagara Falls, Ont. resident says he's recently had "a revelation.

"This year marked the 25th anniversary of the microchip, the same age of our generation. It's like a cosmic birth," he says, his blue eyes sparkling.

"We're all, somehow, linked to the silicone wonder."

Smith says, with technological advances, soon "you'll be able to sit on your duff."

He argues this won't make everyone lazy.

"For hard-working people, it cuts out commuting time," he says, adding it will allow for more work to be done. And more play.

"What if you're in the middle of a good book and you want coffee?"

He says with computers and voice recognition, a person need only say, "make coffee," and can have a mug of java without having to stop reading.

Smith, his voice accelerating and his eyes growing rounder, says a person can have a whole operating system the size of a small address book portable anywhere — even rollerblading.

"If you have an idea while exercising, you can stop and just pull out your computer."

Although excited about his future in computers, Smith isn't quite as optimistic about the environment.

"Maybe 40, 50 years down the road, do you think our air will be breathable?" His eyebrows weave together, his tone bitter. He ascribes the blame for environmental problems to a mixture of technology and a lack of birth control.

"The only downfall of technology," he says, is the effect it has had on the environment.

He perks up at the thought of creating new environments. He says biospheres could be created prolonging life. Smith wants to spend his life learning about computers, although he says it's "impossible" to learn everything.

Computers, he says, make up a "medium that cannot stop progressing. There are no boundaries. It's like drawing and painting. There are always new ideas."

Part of the appeal of computers is "I get to be god in a universe.

"Everyone has a purpose in life, a niche to fit into. I guess mine is computers."

He says, with a grin, his future is written in the stars.

"Pisces people are creative and intuitive. Computers are an artform. Once you get an idea, be it writing, drawing, whatever, if you get the inspiration, you can't stop. Once you've broken the concentration, you won't be able to get it.

"Like with anything, if you're going to do it, put your whole heart into it."

Smith says he knew what he wanted to do when he started skipping school in Grade 7 or 8 to play video games.

"I've always liked problem solving. It's a challenge. Everything is fixable."

He butts his cigar. He describes himself as "painfully shy," but lounges at home with feet up on his couch and talks freely about his passions.

"Computers fascinate me," he says. He ponders the microchip again.

"How something the size of a push tack can do all the things you see on your computer, blows my mind."

Using Internet makes human life easier

By KERI-LYNN SMITH
Staff Writer

In 1969 when the Internet was established, it was basically just a government experiment.

Who would have guessed, less than 30 years later, the net would be in personal use in homes across the world.

Allan Stechishin, a 26-year-old Winnipegger who studies political science at the University of Manitoba, is in his last year of the master of arts program. He says, through a E-mail interview, he uses the net one to three times a day.

Per log-on, he averages "roughly an hour" on the net. He looks up computer software, daily news sources, such as the Chicago Sun Times, and whatever his "latest obsession" happens to be.

"I'm always on the prowl for the latest stuff . . . applications, utilities and yes, games." He points out, however, he doesn't "fit the mould of an Internet gaming geek," adding he downloads "one game-type thing for every 10 applications or utilities."

Stechishin says the daily news services are "essential" for studying politics.

"I also use the net for study on my thesis. I'm doing work on the East German Secret Police and I've found stuff from Germany I couldn't find elsewhere." He links to libraries around the world to call books for interlibrary loan.

He says E-mail is a big part of the net for him as well. He says he and his thesis advisor correspond via E-mail, sending information and manuscripts back and forth.

"Big savings on bus fares, parking fees and time. Welcome to the end of the 20th Century," he says. "I travel to school at 28.8 bytes per second."

Everyone who's anyone has a web page these days, and Stechishin is no exception. He has a personal web page, (**http://home.cc.umanitoba.ca/~alstech**), which he describes as "basically a vanity page. My site is targeted to my friends. It's full of inside jokes. I also use it as sort of an online demo/resume for potential web site development contracts," he says.

"I include a list of links (to other sites), a rant, occasional articles for whoever wants to read them and a link for a site for my band." His band is called **My Brother Jane** and the site can be found at **http://home.cc.umanitoba.ca/~alstech/mbjmain.html**. The band site keeps fans up to date on what the band is doing, where it's playing and what it's selling. It gives fans a chance to offer feedback, too.

Stechishin maintains two academic pages. One is for the University of Winnipeg's political science department and the other is for a political science journal at the University of Manitoba. The Winnipeg's university page contains all kinds of information on courses, awards, professors and "other goings-on in the department."

He says he's "most proud" of a research section for current students with links relevant to courses at the university and the "political scientist in general. The site's content style is now used as a model for other departments" at the university, he says.

The University of Manitoba's political science journal site is called The Medium and provides general subscription information and submission information.

"Information is the name of the game," he says, adding, "Information wants to be free, doesn't it?

"I think that the issue of net censorship is fascinating. I think it's a true test of liberal values on free speech. It's also great to see what really happens when people are unleashed and allowed to express themselves properly," he says.

"The net isn't under the jurisdiction of any single government, so any notion of net-wide legislation is impractical and even foolish."

Check out the University of Winnipeg's political science home page at **http://www.uwinnipeg.ca/academic/as/polsci/polsci.html** and The Medium, University of Manitoba, at **http://home.cc.umanitoba.ca/~umsmirl/med.html**.

On-line cafe smells great

By KERI-LYNN SMITH
Staff Writer

Welcome to **campuscafe.com.**

Campus Cafe, an online home away from home for Canadian college and university students, marked its first anniversary with a restructured site.

In a press release from Camweb Communications Inc., the site is described as being "easier to navigate . . . and free of large graphics which are time-consuming to download."

At the Cafe, an online soap opera has been added. The setting is in a cafe and features a group of "twenty-somethings," in all their young strife. There's Bruce Linton: Football Star, who recently joined the cafe's artsy crowd, and Michelle Hitchman: Small Town Girl. Despite the "easy girl" personna, she isn't.

On the latest instalment of the weekly series, one of the characters, Rex, has just met cafe owner, Astrid. Although he is much younger, the sparks are flying. Astrid asks for "help" in the storage room, and true to soap opera tradition, we are left hanging, just when it appears things might get steamy.

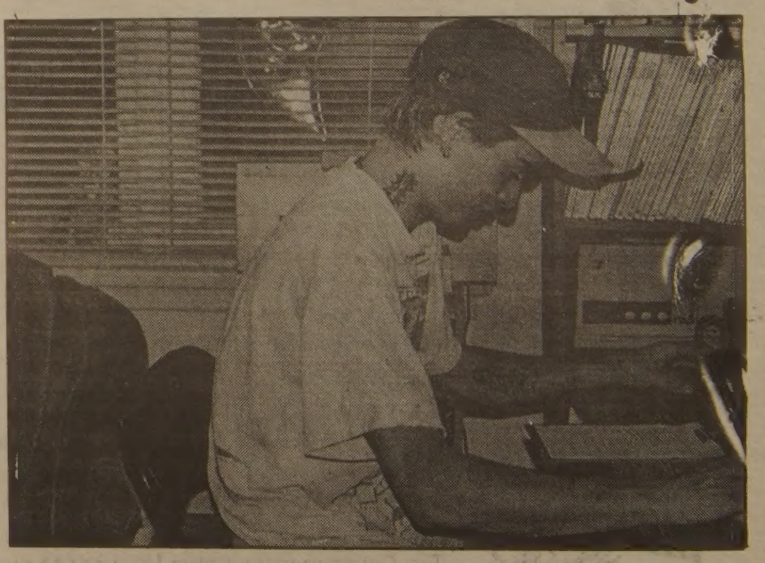
The difference with this soap is the characters' believability, and the fact they endure the same angst as other twenty-somethings. They face underemployment and lack of self-esteem, but their diverse personalities steer them through their ups and downs.

The site includes a nightlife section. The user can select any province or city to research how other users have rated the bars there, and then can add their opinions. The net surfer can find out prices, type of music, atmosphere of crowd, dress and even the best night to go.

Campus Cafe isn't all fun and games, however. It's serious side, called Academia, has scholarship sources, student resources and tips for writing business letters and resumes. Samples are provided.

An entertainment section features interesting tidbits about music, movies and sports. For those seeking a more "personal" experience, there are various live chat lines. A warning about "racy" conversation precedes these links, followed by a reminder of the net's reputation to uphold free speech.

Hackin' the blues away



"I've always liked problem solving," says Ty Smith, 25.
Photo by Keri-Lynn Smith

Statistics shed light on first-year students' life

By BRAD MOSCATO
Staff Writer

Eighty-six per cent of Niagara College's incoming students are single.

That's one of the "key findings" the college's administration recently revealed from a first-year student survey.

The evaluation was presented to 1,820 first-year students attending Niagara during term one of the 1996-97 academic year. Thirty-seven programs, including three post-diploma programs, participated in the study.

Compustat Consultants designed the survey, which is being used by six Ontario colleges and one university.

"The reason for the survey is to gain as accurate a profile of your student body as possible," said Marti Jurmain, New Product Development director at Niagara College and co-ordinator of the survey.

Jurmain said the evaluation should identify students' interests and concerns and they should be reflected in the way the college conducts business.

Niagara College administration recently introduced a pilot project on student retention rates. The first-year survey is part of the college's strategy on enhancing the success of its students. It provides a snapshot of the college's entrance students, offering administrators "critical" information to help them achieve a successful formula.

"If you don't know who your customers are you'll never know how to plan properly," said Jurmain.

With programs that attract more and more students from outside the Niagara Region, the college continues to gain wider recognition. About one-third of the students entering Niagara are from outside the area.

"Many students come from outside the region because of the unique programs offered here," said college registrar Al Vaughan.

Fifty-eight per cent of incoming students at Niagara are females, 67 per cent are 21-years-of-age or under and 44 per cent come to Niagara directly from high school.

Out of 1,440 respondents, 65 per cent ranked financial aid as "very important" and about 60 per cent of 1400 students had problems handling the financial demands of their education.

"Niagara College students have received millions of dollars in financial aid," said Elaine Grandmaison, associate registrar at Niagara College.

There were 3,500 applications for financial aid at Niagara College for the 1996-97 academic year. Thirty-one hundred students were assessed for a total of $22 million in loans, an average of about $7,000 per student, Grandmaison said.

The majority of students arriving at the college are equipped with the "necessary" computer skills to compete in today's fast-paced workforce. Sixty-three per cent use computers at home, almost 90 per cent have "some experience" with computers and 68 per cent of 1500 respondents list "much experience" with word-processing software.

Jurmain said the computer statistics reveal a trend in changing highschool graduates and the college's programs have to adjust for its students.

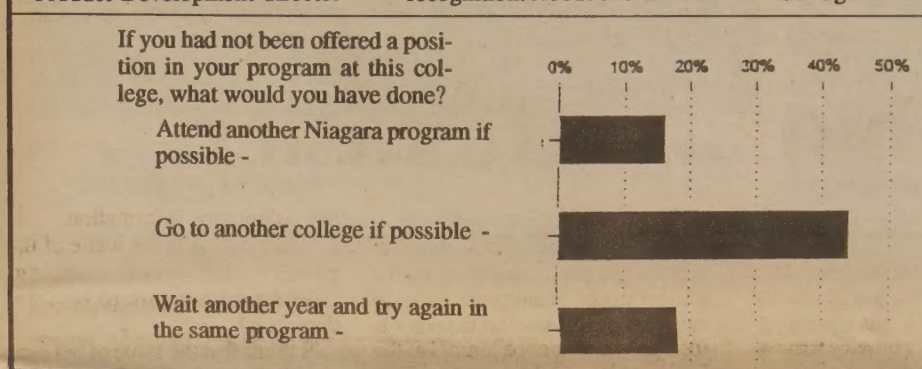
Administrator's at the college found about 70 per cent chose Niagara College as their first choice. About one-quarter of incoming students feel the college's reputation as "very important," and 41 per cent see student life and social activities as "somewhat important."

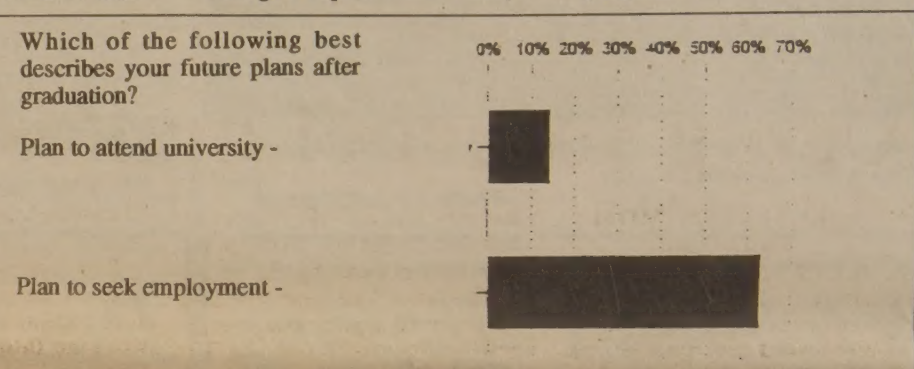
If not offered a place at Niagara this year, 18 per cent would wait another year and try again in the same program, 44 per cent would choose another institution and 16 per cent would attend another program at the school.

Students attending the college are putting their confidence in the institution's curriculum. Sixty-three per cent of first-year students plan to seek full or part-time work after graduation, while about 14 per cent plan to attend university.

Students have many options for post-secondary education. If Niagara College doesn't offer them a quality product and quality services then they will go elsewhere, said Jurmain.

"Students expect an excellent program."


If you had not been offered a position in your program at this college, what would you have done?
0%
10%
20%
30%
40%
50%
Attend another Niagara program if possible -
Go to another college if possible -
Wait another year and try again in the same program -



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PRIZES AND GIVEWAYS EVERY WEEK
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MOLSON CANADIAN

Mac and Pearl laughing it up at the pub

By JEFF GARRETT
Staff Writer

Two talented performers appeared at After Hours to display their comedic ability on Feb. 12.

The first performer of the night was Jimmy Mac, of Winnipeg.

Mac has been doing comedy for only three years.

"I was dared to go into a radio contest. They gave me 15 minutes and I was hooked."

Mac was a radio announcer before he started in comedy.

"It was great. I interviewed Scott Hall (Razor Ramon) from the WWF (World Wrestling Federation), and even after the radio show went off I still talked to him and we became friends.

"I asked him to send me an outfit to wear while I perform, so he did. I'm also friends with Randy Savage and Kevin Nash (Diesel)."

The 27-year-old comedian said he never had "any intention" to do comedy as a career.

"After I performed in front of 15,000 people in the Winnipeg arena to do my Don Cherry impression, I knew I was going to do this for the rest of my life."

Mac was making a debut appearance at Niagara College.

He said it's a "very nice place."

Mac said he "loves his job.

"You look up to celebrities all the time and when you perform they watch you like you're the celebrity. Maybe someday I'll make it big. Until then I'll dare to dream."

Mac received an enormous applause from about 70 people in attendance when he performed his impressions.

He impersonated Don Cherry, Hulk Hogan, Randy Savage, Razor Ramon and many more.

Steve Pearl, of Los Angeles, was the second performer of the night.

The 41-year-old comedian has been doing stand-up for "about 20 years.

"My friend signed me up at a talent show without me knowing. I had a little too much to drink so I went up and won first prize."

Feb. 12 was also Pearl's debut at Niagara College.

Pearl said he's "travelled the world" and wants to continue to travel.

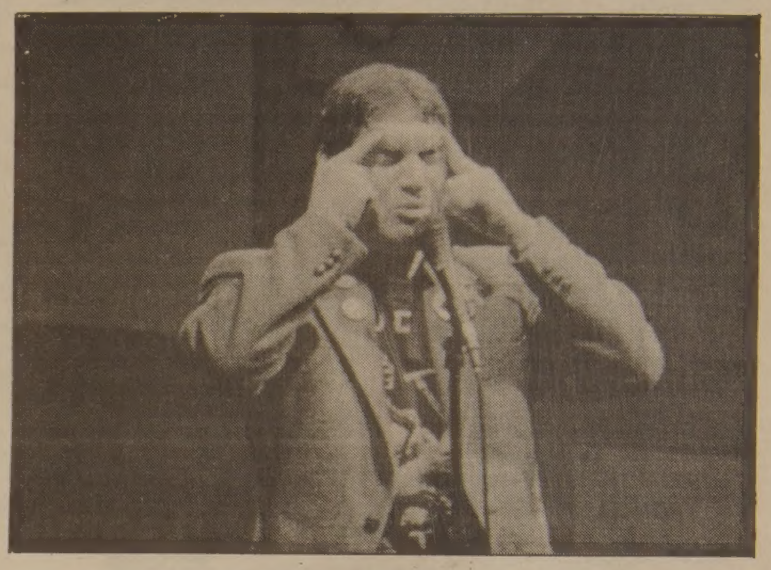
"I performed for O.J. Simpson at the Improv in Santa Monica and I met him afterwards.

"One of the best times was in 1976. My friend and I arrived at the Dakota and we saw John Lennon so I yelled to him, "When are the Monkeys getting back together?" and he started to laugh."

Pearl says his philosophy on comedy is this: "It's like life. There are always ups and downs."

Jimmy Mac, of Winnipeg, impressed the crowd at After Hours with his impressions.

Photo by Jeff Garrett



Steve Pearl, of Los Angeles, was the headliner of the night.

Photo by Jeff Garrett

A fabulous offspring

By HEATHER HUNTER
Staff Writer

Ladies and gentlemen, welcome to the disclaimer. That's right, the disclaimer. This American apple pie institution known as parental discretion will cleanse all innuendo and sarcasm from music.

The California band The Offspring, formed more than a decade ago, became a huge success after its album, **Smash**, sold 8.5 million copies.

The Offspring's new CD, **Ixnay on the Hombre**, contains a mix of creative punk, abrasive guitar playing, a whole new attitude, and experimentation with musical genres.

For the recording of the the new CD, The Offspring collaborated with producer Dave Jerden, producer for Social Distortion and Jane's Addiction. Dead Kennedys' vocalist, Jello Biafra, delivers the album's sarcastic introduction,*Disclaimer*.

In the middle of the CD there is an intermission. I felt as though I was at the drive-in movies watching the hot dog and fries dance to cheesy elevator music. It's quite comical.

Overall the CD is fabulous, with high energy music and lyrics. If it sounds dangerous, don't try it at home or at all. If it offends you, don't listen to it.

Poet Davies' Soul Snacks

By ROBERT HALLETT
Staff Writer

A 25-year-old St. Catharines poet has unveiled an anthology of his work.

Soul Snacks is published by Enlighten Books in conjunction with Battlecreek Press in Niagara Falls. The author's 31 poems can be looked at as a chronicle of the author's life during the 1990s.

Much of Alun Davies' writing deals with society's treatment of the wronged. In this sense, Davies is a voice of the underclass.

In one of his poems, *Nasty Little Taste*, from **Soul Snacks** he writes "BEAT IT — I don't like you . . . LEAVE OR ELSE — This topic is closed. Is that clear to you? (Your words are ugly like the mood I'm in)."

In early 1996, another of Davies' poetry collections, **Another Nobody**, was sold to raise money for and awareness of Niagara's homeless population. It was sold in various downtown St. Catharines' locations.

He says some of his influences are Neil Young, John Lennon and Andy Warhol.

Davies says his long-term goals include establishing himself as a media journalist and getting into the music business. He wants to go to the west coast to pursue these goals.

Davies is currently working on a project called **Ten Wonderful Dreams**.

Interested individuals are welcome to submit (in written or spoken form) a dream they have experienced. Ten submissions will be chosen. A spoken word CD (with musical backing from local musicians) will be produced. Davies is asking $5 for each submission to help fund the project.

He is also seeking funds to publish a collection of his writing entitled **Milkshakes and Cigarettes**, which would include writing from all stages of his life.

Food Festival expecting 40,000 people

By SAMANTHA GOLDWIN
Staff Writer

The fourth annual Niagara Food Festival will be held on Oct. 4 and 5 at Merritt Island in Welland.

More than 40 exhibitors, including 25 restaurants and six wineries, will participate in this food extravaganza.

"Zehrs will again be the festival's presenting sponsor. It's exciting to have them with us," said Rick Woodward, manager of Tourism of Welland/Niagara, in Welland.

Hans van der Slagt, vice-president administration at Niagara College, was presented with a limited-edition signed festival poster for the college's participation in the festival since 1994, along with other major sponsors.

"Niagara College hopefully will be participating in the festivities this year with Ambulance and Emergency Care program students, Business Administration-Marketing (Co-op) program and the Maid of the Mist hospitality program," said Woodward.

"Again this year we will be working with the Niagara College student activity centre and Dave Rapelje," said Woodward.

Here's a peek at what sort of things you can look forward to.

Canadian, Greek, Continental, Italian, and French cuisines will be featured.

"Bite Bucks" will allow visitors to eat and drink from any of the venues for those two days.

An estimated 40,000 people are expected to visit Merritt Island for the Peninsula's Tastiest Party.

There will be live entertainment, children's fun stage, ice carving demonstrations, wine gardens and a charity dunk tank.

Downtown parking in Welland will be free throughout the weekend.

Additional parking will be available at the Niagara Regional Exhibition grounds with a shuttle service to Merritt Island. Admission is free.

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HEALTH MATTERS

Online support for ailing children available

By OWEN BAGGOTT
Staff Writer

The Ability OnLine Support Network was developed to put children and teens with disabilities or chronic illnesses in-touch with one-another.

The network was developed to help remove "social barriers" that exist for children with disabilities or chronic illnesses through email messages.

The network provides the users with up-to-date information on medical treatments, educational strategies, employment opportunities, and provides peer and mentor support, along with the opportunity to form friendships, exchange information, and share hopes and encouragement with others.

The network also provides information and support for families and friends of children with disabilities or chronic illnesses.

The idea for the network came from Dr. Arlette Lefebvre, co-founder of Ability OnLine.

In 1990, Lefebvre began using the Internet as a source of information. Levebvre soon realized how children she worked with, at Bloorview Hospital in Toronto, could benefit from having access to information on the Internet regarding their illnesses, treatments, or opportunities.

The first incarnation of Ability OnLine was the Computer Buddy Club, which did not last because of technical failures.

In 1991, Ability OnLine started in its present format, and in May 1996 the network was accessed by its one millionth caller.

Ability OnLine was awarded the Mary Ward Speech Friendly Butterfly Award on Feb. 5 for making the Ability OnLine web site completely speech friendly.

The network was also awarded, by the Easter Seals/March of Dimes National Council, the 1996 Sun Life Group Benefits Award for developing more effective services for people with disabilities.

In 1996, Lefebvre was awarded the Order of Ontario, by the lieutenant-governor, for enriching the quality of life of her contemporaries. She was also recognized as an outstanding woman of the community on International Woman's Day by the Variety Club of Ontario.

Access to Ability OnLine is completely free. The program is sponsored by private donations from charitable foundations, corporate sponsors and private individuals.

The network may be accessed through computer modem and telephone system by dialing directly, or by Telnet through the Internet.

The Telnet address is bbs.ablelink.org, the E-mail address is info@ablelink.org and direct dial by modem is 416-650-5411.

Ability OnLine also has a web site: http://www.ablelink.org/, with information on the network and access to other web sites with information on disabilities and health care.

Ability OnLine can also be contacted by mail: Ability OnLine Support Network, 919 Alness St., North York, Ont., M3J 2J1.

Recognizing eating disorders

By JENNIFER HARDING
Staff Writer

The quest to have the "perfect" body is killing women in Canada.

Anorexia nervosa and bulimia nervosa are affecting increasing numbers of Canadian young women and some young men.

February is Celebrate Your Natural Size month.

These eating disorders are a symptom of emotional problems, says Sylvia Bambra, a nutritionist at Bambra Nutrition of Ridgeway, Ont.

"The food is a symptom of all the other things that go along with it."

Anorexia nervosa is a serious life-threatening disorder of deliberate self-starvation with wide ranging physical and psychiatric components.

Bulimia nervosa is episodic. Sufferers exhibit chaotic gorging on large amounts of easily ingested food high in calories followed by compensatory behavior such as self-induced vomiting, abuse of laxatives, diuretics, fasting, starving and exercise.

Information on eating disorders can be found in many booklets and sheets, such as those provided by the National Eating Disorder Information Centre at Toronto Hospital.

There are consistent findings when looking at the personality types of people with eating disorders.

"These people affected feel they have no control over their life. They try to control their food. It's a false sense of control because soon their body takes over," said nurse Carolyn Hurst of Niagara College's health centre on the Welland campus.

Sufferers tend to have high personal standards and low self-esteem. Achievement oriented and perfectionists, they may become depressed and have an exaggerated fear of becoming fat, although 65 per cent of sufferers are close to their ideal body weight.

Early identification is key to correcting the disorder. It is important for family and friends to know the symptoms of anorexia and bulimia.

Some symptoms are an unexpected weight loss, over-exercising and food avoidance. Fainting spells, dizziness, headaches and irritability are also prevalent.

There is a loss of scalp hair and increase in body hair, menstrual irregularities and a general abdominal pain. Some become depressed and unable to sleep.

There can be many medical complications. Dental decay, sore throat, esophageal irritation, dehydration/fluid and electrolyte imbalance, stomach rupture, gastrointestinal problems and lower bowel problems are all characteristic of eating disorder sufferers.

The National Eating Disorder Information Centre says normalizing eating is the first step to successful treatment.

People with eating disorders tend to confuse healthy eating with dieting. The former's goal is to eat a well-balanced meal from all the food groups for an adequate caloric intake.

The therapy involved in overcoming an eating disorder is seeing a family doctor to treat the physical symptoms, family therapy if the child is still living at home, and individual therapy to help rebuild self-esteem.

Helpful hints

By JENNIFER HARDING
Staff Writer

What can you do if you suspect a friend or family member has an eating disorder?

Here are some tips that might help.

Do:

Find out about eating disorders so you will recognize the signs

Know that eating disorders are potentially fatal diseases

Listen with understanding, respect and sensitivity

Be consistent: insist they need help

Be there when they need someone

Share your own struggles

Don't:

Take action alone: Get help

Try to solve the problem; they need a qualified professional

Blame them for doing something wrong or tell them they are acting silly

Gossip about them

Be afraid to upset them: talk with them

Reject them or ignore them: they need you

Be deceived by their excuses

Information compiled from "Food for Thought," Randolph-Macon Woman's College.

Poor stereotype of beauty

By JENNIFER HARDING
Staff Writer

Beauty is in the eye of the beholder.

It's too bad television, movies, magazines and other forms of media and entertainment have had such an influence on the beholder.

Canadian women judge their bodies very harshly. Why?

We are surrounded by waif models and gaunt beauty queens.

The National Eating Disorder Information Centre in Toronto estimates 90 per cent of women are unhappy with the way they look.

About 80 per cent of women have dieted by age 18.

I must admit, I am one of these. I have struggled for as long as I can remember with my body. I went from being a fat child to a chubby teen to an overweight young adult. I am at my personal best now, but nowhere near where I'd like to be.

Headlines have screamed with the recent story of Miss Universe who was required to lose extra weight or lose her title. Pictures of her graced magazines, a curvy-yet-thin beauty, able to wear spandex perfectly, who looked much improved from her swimsuit pictures at the pageant.

Eating disorders are an epidemic in North America. Is it any wonder why?

We are being told 5'6" and 150 pounds is fat and unacceptable. That is scary.

We all want to look beautiful, feel attractive to others, but how far are we willing to go?

Young women are dying to be beautiful — literally. Maybe it's time we let Miss Universe look natural. Maybe it's time models look like the majority of us. After all, they're modeling the clothes we're supposed to buy.

The attention of North America has been captured with the murder of young JonBonet Ramsey. Maybe enough heads have been turned to see this is an enormous problem.

Calling all couch potatoes

By DEBRA BRIGHT
Staff Writer

Spring is just around the corner and just as a gopher comes out of its hole, so do we.

For those who haven't remained physically active throughout the winter, the thought of shedding their winter attire can be a scary proposition.

Exercise doesn't have to be grueling or costly to be beneficial.

If you don't have an exercise routine, start simple, by walking briskly for 30 minutes, at least three times a week.

A good brisk walk can be therapeutic both physically and mentally.

Walking is good for the cardiovascular system, it helps improve muscle tone and aids in speeding up the metabolism, which consequently burns calories.

Many physiotherapists recommend walking for patients recovering from heart attacks or back problems.

Most often, life is lived at a hectic pace, with very little time spent outdoors; therefore, walking outdoors provides a pleasant diversion in a natural setting.

It's a great way to clear the mind of clutter, enabling one's creative juices to flow more freely.

Walking also helps to reduce stress by releasing endorphines, which produce a natural high.

To further increase the benefits of exercise, try some weight training.

Start out light and increase the weight and reps as you go along, making sure to work out at least three times a week.

Students at Niagara College can work out at the Fitness Centre for free.

If you're not the type of person who enjoys working out at a club or gymnasium, try purchasing some equipment to use in the privacy of your home.

The retail market provides a vast selection of equipment geared towards all types of income.

Doing some type of exercise is better than doing nothing at all.

The key to success is self-discipline and determination.

Your body, heart and mind will thank you.

SPORTS

Niagara's men's volleyball team beat Seneca

By RANDY SYER
Staff Writer

Niagara Knights men's volleyball team took a rollercoaster ride in last week's Ontario Collegiate Athletic Association (OCAA) action.

In Niagara's last home match, on Feb. 14, it faced Seneca College of North York, Ont.

The Knights won the first two games 15-12 and 15-10 before dropping the third game 15-11.

In the fourth game, however, Niagara was victorious 15-8, taking the best five series three games to one.

"It was disappointing to see that we didn't have the intensity (against Seneca), but as long as we have it tomorrow it doesn't matter," said head coach Blair Cudmore referring to the Feb. 15 playoff match against Algonquin College of Ottawa, Ont.

He said it was "unfortunate" Niagara played down to the level of Seneca because Niagara was better than its opposition.

"It's good the guys went out and finished hard at the end because tomorrow's a big match for us. It's do or die," said Cudmore. "If we don't have some kind of intensity out there and don't get in the game early we won't be in the game."

Leading the way for Niagara was rookie Kerby Bentley with 24 points. All-star Paul Clark scored 17 points. Team captain Pat Deschambeault added 15.

Niagara had little time to rest as it had a full day of travelling to the nation's capital.

Niagara's all-star Paul Clark spikes a point in a three games to one Knights' victory over Seneca College on Feb. 14.
Photo by Randy Syer

In its first game Niagara came out flat, losing 15-5 but stormed back in the second, winning 15-10. The Knights struggled the next two games blowing a 14-8 lead in the third and falling behind 6-0 to Algonquin, eventually losing both games 17-15 and 15-6.

"The team's inexperience was clearly evident from the start of the match and throughout its entirety," said Cudmore. "Skill wise, we were more prepared. However, the team couldn't execute during key stretches in the match."

Cudmore said Bentley dominated offensively while Deschambeault showed consistent production and leadership.

Niagara was led by Bentley's 16 kills. Deschambeault, selected as an OCAA all-star, added 13 kills and four blocks. Other scorers were Shawn Reimer, who scored 11 kills, and Chris Wiersma, who chipped in with nine kills and one ace.

"The team did, however, play with a lot of heart and character in all games," said Cudmore.

Gambling affects professional sports

By RANDY SYER
Staff Writer

The power of money and the temptations of gambling have certainly affected the world of sports.

Recently, Chicago White Sox outfielder Albert Belle admitted to gambling with friends on college football, professional basketball and golf.

Belle, the highest paid player in major league baseball, recently said he lost as much as $40,000.

The testimony of Belle's betting raises this question: is he gambling on baseball and what action should major league baseball take against him?

In 1991, Philadelphia Phillies' centre-fielder Lenny Dykstra was caught gambling in a high-stakes poker game and slapped with a one-year probation. Some major league baseball watchers say Belle should be dealt the same way as Dykstra, but that raises the issue of Pete Rose.

Rose should be in baseball's Hall of Fame. He probably would be, but he was caught gambling on baseball. Rose was one of baseball's best hitters. He was banned from the game after being caught gambling on his own team to win.

If Belle is treated the same way as these players, then major league baseball officials should take a hard look at themselves and their rules.

Belle did illegally bet on golf with a friend and for that he should be punished by law, but he did legally bet on college football and professional basketball.

It would be the same as if a lawyer bet on college football. Would he or she be punished for that or would the media have made such a big deal of the issue?

Probably not, because being in the spotlight of a professional sport is a lot of pressure. Belle knew what he was getting into before he gambled. He should have thought of what impact it would have on him and his sport.

Team spirit needed

By PENNI TONEGUZZO
Staff Writer

When you play on a team for any sport, the words teamwork and dedication come into play.

Most teams feel they work hard and give each game their all, but one aspect of any game that teammates seem to forget is spirit.

I don't know how many athletic games I have attended and the one thing that disapppoints me is the fact that many teams don't cheer for their teammates.

That one second when your name is honored pumps up your adrenalin and makes you want to work harder, but many teammates fail to realize this.

Everybody needs the reassurance of doing a good job in any aspect of life.

I'm not saying you have to say it every time, but many people depend on a pat on the shoulder to know that what they did was right.

When you know you did something right, you learn, and when you know you did something wrong, you learn.

Many people tend to focus on the wrong too often.

Everybody has been honored at some point in life, whether it was at a graduation, for a job promotion or for a winning basket.

We all know what that cheer or recognition feels like.

It gives us hope, courage and, most important, the drive to work as hard as we can.

Team played well in loss

By PENNI TONEGUZZO
Staff Writer

Despite their hustle and hard work, the Niagara College women's basketball team lost 70-51 to Oshawa's Durham College on Feb. 15.

"I think they played excellent today," said Brian Bleich, Niagara's coach.

"They played the best complete game of the year."

The first half was filled with determination by Niagara as the score got closer.

"As soon as we broke their press at the beginning of the game, we were even with them," said Tara Petrachenko, Niagara's assistant coach.

By half time, Niagara was down by 13 points and pumped to play the second half.

Niagara fought for the ball the entire game and worked hard on defence.

Manie Roy was the top scorer with 19 points.

Andrea Flindall added 15 points, Michelle Pring, seven points, Stephanie Lawson, six points and Stephanie Kranjec and Trinity Smith each had two points.

Niagara exhibited plenty of dedication with Lawson injured in the first half, Pring throwing herself into the bleachers chasing a loose ball and Flindall tumbling on the floor more than five times through the game.

Asked who played the best, Bleich said: "Everybody played well."

Niagara's last game is tonight when they play London's Fanshawe College at 6 p.m.

Andrea Flindall charges through the defence line of the Lady Lords of Oshawa's Durham College.
Photo by Penni Toneguzzo

SPORTS

Knights on fire

By RANDY SYER
Staff Writer

The Niagara Knights men's basketball team won in overtime Feb. 11 clinching a playoff spot for the first time in three years.

On Tuesday Niagara travelled to Hamilton to play Mohawk College with the playoffs a win away. It took an extra period, but the Knights came out on top 93-85.

Niagara came out on top 93-87

"We're going to the playoffs for the first time in three years," said head coach Randy Conlon. "After putting in three years here it's nice to get to the playoffs."

Leading the way for Niagara was all-star Mike Harris, who scored 21 points. Mike Hurley chipped in 20 points and Mike Conradi added 19 points including a big three pointer in overtime.

"We went into overtime without our third leading scorer (Steve Dever) so Conradi had to step in and do his part."

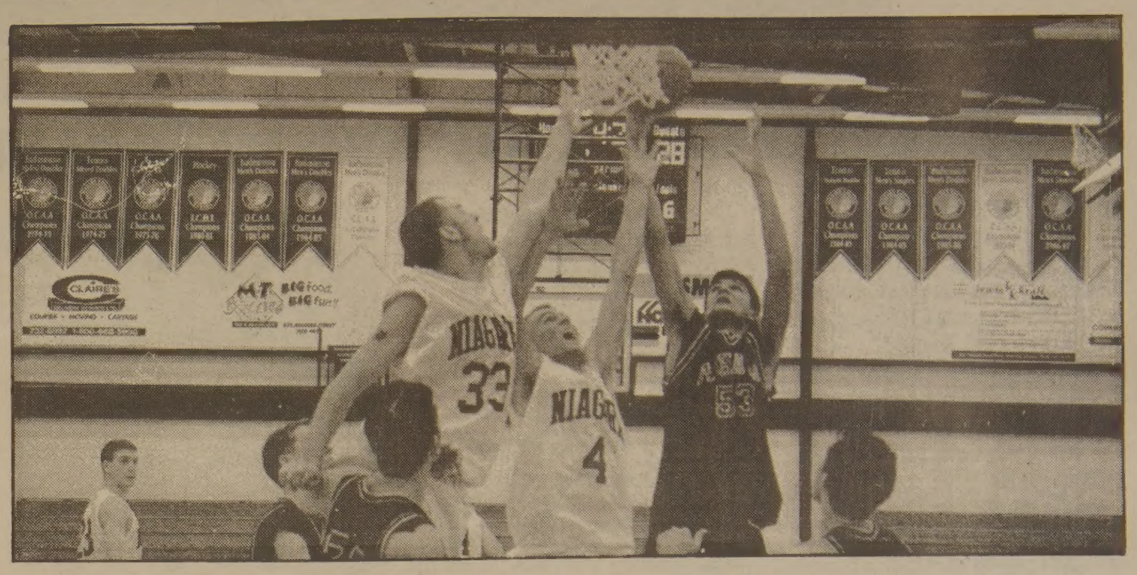
Conlon said he was happy with his back court because Mohawk keyed its defense on them and the duo of Harris and Hurley still scored 41 points.

"We're in the playoffs. I can't complain. We're 6-5 and we started off 0-4."

The Mohawk game was Niagara's fourth game in the last seven nights and Conlon said he was glad for the long lay off ahead.

"We need time to rest and, hopefully, get Dever back."

The Knights' next action is at home versus Fanshawe College of London, Ont. Game time is 8 p.m.



Niagara College's third-year veteran Derek Flindall (4) goes up hard for an offensive rebound. Flindall will be honored before tonight's game against London's Fanshawe College at 7 p.m.
Photo by Randy Syer

All-Canadian to be honored

By RANDY SYER
Staff Writer

A Niagara College academic all-Canadian athlete nominee from Niagara College will be honored in tonight's last home game for the men's basketball team.

Derek Flindall, of St. Catharines, will be recognized as a graduating senior before the game against London's Fanshawe College.

The three-year team veteran is a Law and Security Administration program graduate. He is in his final term of the Correctional Worker program.

Flindall has averaged 11 rebounds and 13 points throughout his career

The St. Catharines' Lakeport Secondary School graduate holds an 85 per cent academic average and has been nominated as an academic all-Canadian for 1996-97.

He's started as a forward for all three seasons at Niagara and led the team in rebounds each year.

A career 86 per cent free-throw shooter, Flindall has averaged 11 rebounds and 13 points throughout his career.

In 1995-96, he represented Niagara at the league's all-star game and in 1996-97 was named as Niagara's team captain.

Niagara basketball receives top team of the week

By RANDY SYER
Staff Writer

The Ontario Collegiate Athletic Association (OCAA) has awarded Niagara College's men's basketball team as the men's team of the week.

The award comes following the team's five-game winning streak.

Some of Niagara's victories included road victories in Sault Ste. Marie, Ont., over Sault College and in Hamilton over Mohawk College.

Niagara went to Sault Ste. Marie with a 3-5 record with the team's playoff life on the line and took both games from Sault College. They then beat Mohawk 93-87 in overtime.

Niagara was once 0-4 and have battled back to make the playoffs.

The Knights got strong performance from all-star Mike Harris, who leads the team in scoring and is second in the OCAA averaging 22.9 points per game (ppg), and second-year veteran Mike Hurley, who is averaging 18.1 ppg, placing him sixth in OCAA scoring.

The Knights will try to extend their winning streak to six games tonight when they face the visiting London's Fanshawe College at 8 p.m.

Bus available for basketball fans

By RANDY SYER
Staff Writer

After starting with four straight defeats, the Niagara College men's basketball team have won six of their last eight games and are headed into the playoffs.

Niagara has decided to organize a fan bus to travel to Hamilton's Mohawk College on Feb. 28 to watch the playoff game.

The cost of the bus trip is $5, which includes a Niagara varsity athletic T-shirt.

Carolyn Schatz will be selling tickets at the athletic office in the Mackenzie Building. Deadline for purchasing tickets is Feb. 26.

The bus leaves from the MacKenzie Building parking lot at 4:30 p.m. Game time is 6 p.m.

Niagara basketball steals two wins on the road

By RANDY SYER
Staff Writer

The Niagara's men's basketball is on a four-game winning streak and heading for a playoff spot. That's not bad for a team that started by losing its first four games.

Niagara travelled to Sault St. Marie for doubleheader against the Sault College on Feb. 7 and 8. Niagara won the first game 99-73.

"Obviously, I'm pleased with our trip," said head coach Randy Conlon. "The guys played great. We scored 228 points in two games and we shut down their big guy. A total team effort."

'He's back and playing real well'
- Randy Conlon

Leading the way for the Knights was team captain Derek Flindall who scored 30 points, and Mike Harris chiped in 22 points.

"Flindall had a big game Friday but overall it was a complete team effort."

In the second game Niagara continued their winning ways beating the Sault 129-91.

Leading the way for Niagara was Mike Hurley with 31 points while Harris added 22 points and Mike Conradi scored 20.

"On Saturday when Harris only scored 22 they were all over him and he was distributing," said Conlon. "Hurley came up with a big 31. He's back and playing really well."

Conlon said they if they come back with a win against Mohawk College of Hamilton than it will be a "real step forward."

"Heading into the final four everybody is pretty well even and we're the hottest team," said Conlon. "I wouldn't want to face us. We're real confident right now and feeling real good about the game."

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ATHLETIC PROFILES

Niagara teacher prepares for soccer comeback

By JHIM BURWELL
Staff Writer

It is not that the Canadian National Soccer League lost a player, it's that Niagara College gained an "enthusiastic teacher."

Pat Dugas started teaching business and math courses here while playing soccer for the Oakville Canadian Westerns last summer.

Though he isn't teaching this term, he taught two courses in the fall while taking a full load of honors level entrepreneurship courses at Brock University in St. Catharines.

Teaching is "challenging because I'm not that far out of the classroom myself," said Dugas, adding it is important to "present the material in an interesting fashion."

"I enjoyed the public relations program (students). They were a very bright group."

Nancy Geddie, co-ordinator of the Public Relations post-diploma program, said Dugas is young and enthusiastic about teaching.

Dugas said since his students had a previous degree or diploma, preparation for classes became "very important."

Now he is preparing for his future in soccer.

'I think of soccer as a leisure thing.' - Pat Dugas

Dugas was in Edmonton last week meeting with coaches of the Edmonton Drillers, of the National Professional Soccer League (NPSL), to schedule a try out.

If successful, it will be the next step in his professional soccer comeback.

A June 1995 car accident stalled his career with the Albanian team in the Puma international soccer league in Toronto.

Since then his time has been "mostly rehab."

Dugas had graduated from Guelph University with an honors degree in marketing, and had been playing soccer professionally for a month, when the accident occurred in London, Ont. It put him in a coma for four days, with a fractured skull, compressed vertebrae and a plate in his arm.

PAT DUGAS

Doctors told him he'd never play soccer again, Dugas recalled somberly, but as his rehab progressed, the prognosis was reduced to a year off.

In the end, he took about four months off before he was training toward a comeback, Dugas said with a smile.

He then became the assistant coach of the Brock University men's soccer team which won the bronze medal in Canadian Intercollegiate Athletic Union (CIAU) competition in 1995.

"I think of soccer as a leisure thing," added Dugas. He's in the weight room four times a week for rehab and quickness training. He wants to play soccer at an "elite, professional level" after his "phenomenal" recovery.

"My dad supported us at anything we did and that's probably why we've done well at it," he said, referring to his and his brother Martin's professional soccer careers. Martin, who spent two years playing in Holland, is now with the Edmonton Drillers.

Niagara College presents a "possible career after soccer," said Dugas, adding his long-term plans are more oriented to marketing or entrepreneurial and small business ventures.

'My dad supported us at anything we did . . .' - Pat Dugas

"Things depend on full time work."

Dugas said his time at the college has been "challenging but extremely rewarding. It is hard to play soccer and have a separate career, but I'm happy to have so many options."

Niagara student named Most Valuable Player

By PENNI TONEGUZZO
Staff Writer

Manie Roy says she loves sports.

Roy, 20, of St. Catharines, has been playing basketball since Grade 7 in Port Elgin, Ont.

Originally from Southampton, Ont., Roy played for St. Mary's High School for five years and for an Ontario Basketball Association (OBA) team for two years.

"That's where I learned the most — in OBA," she said.

Roy was named Athlete of the Year for Niagara College last year and played in the all-star game held at Oshawa's Durham College this year, winning the Most Valuable Player award.

She is captain for this year's basketball team.

She says her OBA coach inspired her the most. "He inspired me to play more."

Her love of sports pushes her to participate in sports and to have fun.

"I enjoy the aggressiveness, the discipline and the competetiveness of sports."

She says this year's team struggles as hard as last year's. "We all try really hard and we all get along."

Roy is in the General Arts and Science program and would like to be an ambulance attendant in the future.

Her hobbies all consist of sports, which she works at six days a week.

"I enjoy working out, volleyball, biking. I like everything. We practice (basketball) three times a week and I work out three times a week."

She says she misses Sharon Keltos, last year's assistant coach.

"I miss her because she worked with the post players who play down low."

Roy says she wishes she was more aggressive when handling the ball.

"I just want to play and have fun."

Manie Roy, captain of the Knights' women's basketball team, has won Most Valuable Player and All-Star awards for her outstanding performance in basketball.

Photo by Penni Toneguzzo

Bus trip to Hamilton's MohawkCollege

Support the men's basketball team playoff drive.
Bus leaves the MacKenzie Bldg. Feb. 28 at 4:30 p.m.
Bus + varsity T-shirt for $5.
Tickets available until Feb. 26 at the athletic office.

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In April, 1997 Niagara College students will be selecting a representative to serve on the Board of Governors for a one-year term from September 1, 1997 to August 31, 1998. The functions of the Board are to :

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NIAGARA NEWS

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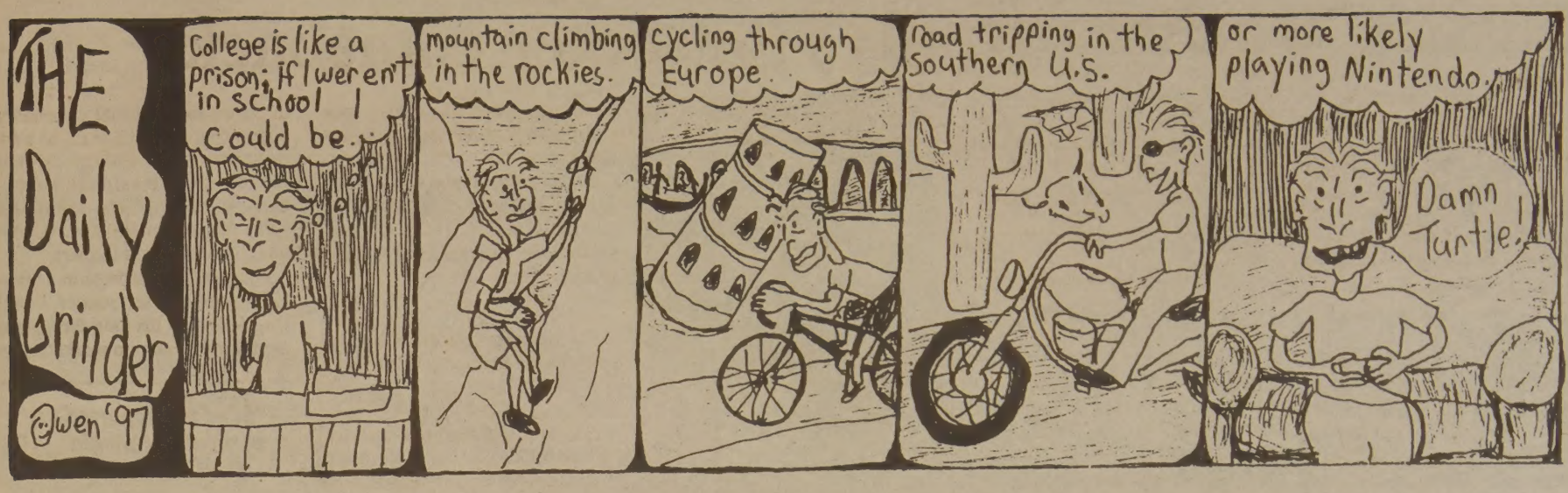
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College is like a prison; if I weren't in school I could be...
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road tripping in the Southern U.S.
or more likely playing Nintendo.
Damn Turtle!

Leo, your creative juices are now flowing

By PENNI TONEGÙZZO and KERI-LYNN SMITH
Staff Writers

Here are your horoscopes for the weekend of Feb. 21 to 23.

Pisces (Feb. 19-March 20): Be wise when lending money. You have a bad streak for being the sucker. Lucky numbers: 18, 54

Aries (March 21-April 20): You seem to be worrying about everyone else but yourself. Take a few minutes out of your day and think about what YOU need. Lucky numbers: 9, 73

Taurus (April 21-May 21): The sun and moon will collide this evening making you feel out of control. Teach yourself to adapt to the change. Lucky numbers: 8, 41

Gemini (May 22-June 21): You seem to be feeling a lot of pressure. Take a break and relax for the weekend. Lucky numbers: 14, 30

Cancer (June 22-July 22): You are worrying too much about what others say. Make decisions yourself by reading your own instincts. Lucky numbers: 7, 80

Leo (July 23-Aug. 23): Your creative juices are flowing. Now is the time to act. Lucky numbers: 2, 35

Virgo (Aug. 24-Sept. 22): Your analytical mind could get you in trouble this weekend if you're not careful. Take it easy. Lucky numbers: 45, 60

Libra (Sept. 23-Oct. 23): Keep that easy-going attitude during trying times. It helps ease the tension for everyone — including you. Lucky numbers: 33, 24

Scorpio (Oct. 24-Nov. 22): You may as well admit how great you are. Everyone else knows it, why don't you? Lucky numbers: 21, 42

Sagittarius (Nov. 23-Dec. 21): Your love for freedom isn't always understood by others, but don't lose it. It's one of your finest qualities. Lucky numbers: 1, 22

Capricorn (Dec. 22-Jan. 20): Relax a little. Being practical is one thing, being neurotic is something else all together. Lucky numbers: 4, 70

Aquarius (Jan. 20-Feb. 18): Try to be more understanding when talking with friends. If you keep up your rudeness you won't have any friends. Lucky numbers: 6, 31

C3P0, R2D2 strike back with word search

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An annual mid-winter traditional event

Everyone is welcome to share in the excitement and energy

By SAMANTHA GOLDWIN
Staff Writer

POW WOW is the annual mid-winter traditional event being held at the Fort Erie Native Friendship Centre on March 8.

"We are looking forward to another large capacity crowd of all races," said Dean Sayers, Ojibway Nation, from the friendship centre. "Everyone has a great day filled with lots of energy and excitement."

There will be a variety of tribal dances. "Fancy dance is taken after the butterfly, the way it flies through the sky," said Sayers. "Women do traditional dance, massaging the back of Mother Earth. It tells us that women are leaders of our culture.

"Then there are grass dancers symbolizing the wind, and how it allows the grass to sway slowly and softly," said Sayers.

There will be an inter-tribal dance in which all races, including white, black, red and yellow, will be able to participate.

Spectators will learn about the heritage of various natives.

They will show visitors how they use their medicines, and what they call the medicine wheel. It's shaped in a circle with the sign of the cross in the centre of it. Each part of the cross is a different color that represents their following.

Visitors will be able to experience native food, crafts, singing, dancing, traditional giveaway and native storytelling.

It will be held at 796 Buffalo Rd., Fort Erie.

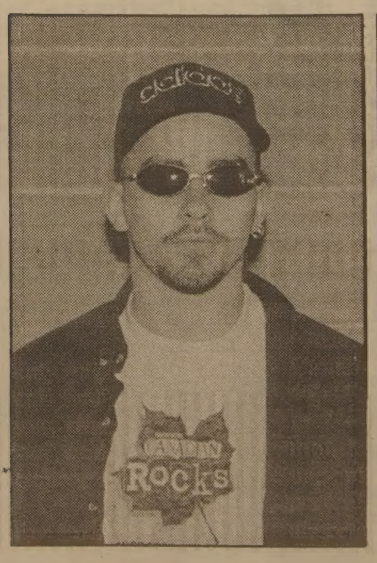
Doors open at 10 a.m. Grand entries will be held at noon and 6 p.m.

This event will be alcohol and drug free. It is open to the public.

James Latham, of Welland, takes part in the men's fancy dance at the heritage festival on Feb. 15.
Photo by Samantha Goldwin

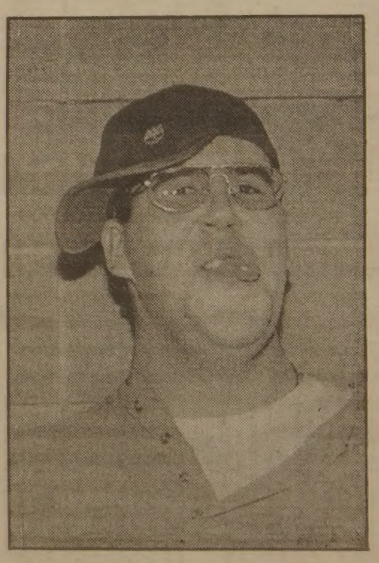
Three tribal dancers participate in the Niagara Heritage Festival '97 on at the Pelham library in Fonthill. There are, from left, James Latham, of Welland, Christelle Sayers and Leigh Hill of Fort Erie.
Photos by Samantha Goldwin

Word on Campus: What's the best advice you ever received?

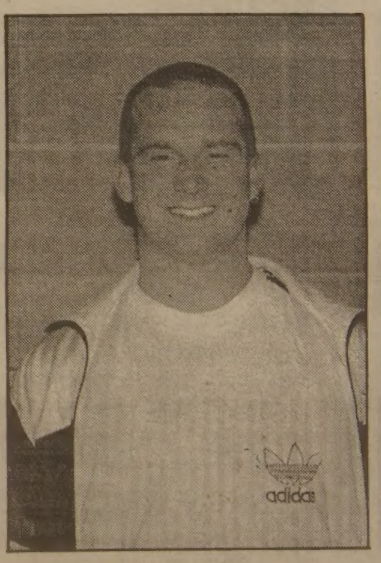


PHIL DUVAL

JOSH ADAMS



MATHEW (TINY) SEAMOR



JEFF FORREST

TIFFANY FOX

By GRETTA ROSSI and JHIM BURWELL
Staff Writers

What's the best advice you have received?

"Stay in school," said **Phil Duval**, 19, a first-year General Arts and Science program student.

"Do not give up on your dreams. A little work and effort and they will come true," said **Josh Adams**, 24, a second-year Environmental Heat Safety program student.

"Don't do drugs," says **Mathew (Tiny) Seamor**, 21, a General Arts and Science program student.

"Don't mix booze with your golf game," said **Jeff Forrest**, 25, a second-year Business Administration program student.

"Do whatever makes you feel good. Be yourself," said **Tiffany Fox**, 21, a first-year Broadcast, Radio, Television and Film program student.